

Simplicity
Spring/Summer
2019

You could
save over
£430.00
per child per year

We engage
with children
through fun
food activities.

Lovingly prepared,
tasty and nutritious
school meals.

FREE
Super Hero school
meals for every
child in reception
and years 1 & 2

Welcome to our West Sussex lunch menu. As well as having some exciting new meals to try, our executive chefs have been listening to our young customers and updating some of our traditional favourites. In addition to providing tasty and nutritious food you can also be safe in the knowledge that it is sustainably sourced with meat from British quality assured farms, fish from sustainable fisheries and all our eggs are free range, Fairtrade products are used when possible.

We are proud
to have our own
team of registered
nutritionists.

Food Super Heroes Menu



Chartwells
EAT LEARN LIVE

To order
Visit us at www.mealselector.co.uk, email 73041@compass-group.co.uk or phone 01243 836130. To report sickness on the day of your meal booking, please call by 10.30am on 01243 773239 (messages only)
For more information on special diets, please contact westsussexspecialdiets@compass-group.co.uk

Week one

22/04 13/05 03/06 24/06 15/07 05/08 26/08 16/09 07/10 28/10

Monday

Choose a main meal...

Beef Burger in a Bun
Spicy Bean Burger in a Bun **vg**
Jacket Potato with Tuna Mayo

on the side...

Potato Wedges
Sweetcorn or Salad
for dessert...
Yoghurt & Granola
Fruit Salad

Tuesday

Choose a main meal...

Chicken Makhani & Rice
Cheese & Tomato Pizza v
Jacket Potato with Cheese v

on the side...

Green Beans
Salad
for dessert...
Muesli Flapjack
Fruit Salad

Wednesday

Choose a main meal...

Roast Gammon, Gravy & Roast Potatoes
Sweet Potato, Chickpea & Lentil Roast, Gravy & Roast Potatoes **vg**
Jacket Potato with Baked Beans v

on the side...

Sliced Carrots & Cabbage
for dessert...
Apricot Shortbread
Fruit Salad

Thursday

Choose a main meal...

Vegetable Pasta Bake v
Veggie Pasta Bolognese v
Jacket Potato with Cheese v

on the side...

Green Beans
Salad
for dessert...
Apple & Mango Drizzle Cake
Fruit Salad

Friday

Choose a main meal...

Fish Fingers & Mashed Potato
3 Bean Chilli & Rice v
Jacket Potato with Baked Beans v

on the side...

Peas or Salad
for dessert...
Yoghurt with Apple & Melon Slices
Fruit Salad

Week two

29/04 20/05 10/06 01/07 22/07 12/08 02/09 23/09 14/10

Choose a main meal...

Cheese & Tomato Pizza v
Spinach & Ricotta Tortellini in Tomato Sauce v
Jacket Potato with Salmon Mayo

on the side...

Green Beans
Beetroot Salad
for dessert...
Muesli Flapjack
Fruit Salad

Choose a main meal...

Turkey Meatballs & Rice
Veggie Balls & Rice v
Jacket Potato with Baked Beans v

on the side...

Broccoli
Salad
for dessert...
Yoghurt with Apple Slices
Fruit Salad

Choose a main meal...

Roast Turkey, Gravy & Roast Potatoes
Quorn Roast, Gravy with Roast Potatoes v
Jacket Potato with Cheese v

on the side...

Sliced Carrots & Cauliflower
for dessert...
Toffee Apple Muffin
Fruit Salad

Choose a main meal...

Chicken Savoury Rice
Vegetable Savoury Rice v
Jacket Potato with Tuna Mayo

on the side...

Sliced Cabbage
Cucumber Salad
for dessert...
Yoghurt & Granola
Fruit Salad

Choose a main meal...

Fish & Chips
Quorn Dippers & Chips **vg**
Jacket Potato with Cheese v

on the side...

Peas or Salad
for dessert...
Cranberry Shortbread
Fruit Salad

Week three

06/05 27/05 17/06 08/07 29/07 19/08 09/09 30/09 21/10

Choose a main meal...

Macaroni Cheese v
Tomato Pasta v
Jacket Potato with Baked Beans v

on the side...

Peas
Beetroot Salad
for dessert...
Yoghurt & Granola with Apple Slices
Fruit Salad

Choose a main meal...

Chilli Chicken & Rice
Cheese & Tomato Pizza v
Jacket Potato with Tuna Mayo

on the side...

Green Beans
Salad
for dessert...
Apricot Shortbread
Fruit Salad

Choose a main meal...

Roast Beef, Gravy & Roast Potatoes
Quorn Fillet, Gravy & Roast Potatoes v
Jacket Potato with Cheese v

on the side...

Sweetcorn & Spring Cabbage
for dessert...
Yoghurt & Granola
Fruit Salad

Choose a main meal...

Beef Lasagne
Quorn Lasagne v
Jacket Potato with Baked Beans v

on the side...

Carrots
Cucumber Salad
for dessert...
Chocolate & Pear Marbled Sponge & Custard
Fruit Salad

Choose a main meal...

Fish Fingers & Mashed Potato
Vegetable Quorn Nuggets & Mashed Potato v
Jacket Potato with Cheese v

on the side...

Baked Beans
Salad
for dessert...
Toffee Apple Muffin
Fruit Salad

All our milk is Red Tractor approved



WE BUY **95%** of our seasonal vegetables direct from British growers



ALL OUR BEEF is from THE UK OR IRELAND

FRESH SALAD

IS AVAILABLE ON A DAILY BASIS

REDUCING OUR CARBON FOOTPRINT OVER **30%** of our products are transported by vehicles that run on biodiesel

WE SUPPORT **82** BRITISH DAIRY FARMS



We only use Lion Quality British Eggs



FARM TO FORK We can trace every cut of meat back to the farms of origin

Fresh Bloomer Bread

AVAILABLE EVERY DAY



All our bananas are FAIRTRADE



Chilled water, milk, salad and bread are available daily. All paid meals to be ordered one full week in advance of the entire week they are required, either on-line by midnight Sunday or via telephone by 3pm Friday. Terms and conditions apply. Please see our website or contact us for more information. Menu items are subject to availability.

