

You could
save over
£430*
per child per year

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

Since September 2014, children in reception and years 1 & 2 are entitled to **FREE school meals** through the Government's 'Universal Infant Free School Meals' initiative.

So who are we? We're Chartwells and are responsible for preparing your children's tasty meals. We love to help children discover and learn about the food they eat, where it comes from and how it's prepared. It's great fun for them and us!

*This saving will depend on the cost of a meal at your school.

Loveably prepared,
tasty and nutritious
school meals.

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

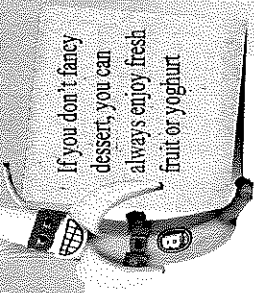
Food
**Super
Heroes**
Menu

If you would like to know more about our school meals, contact:
Di Thomas – Tel: 01872 540544, e-mail: diana.thomas@compass-group.co.uk


Chartwells
EAT LEARN LIVE

Reception, Year 1 & 2 Free
Year 3, 4, 5 & 6 £2.30

Week one



If you don't fancy
dessert, you can
always enjoy fresh
fruit or yoghurt

30/10, 20/11, 11/12, 8/1, 29/1, 26/2, 19/3,

Vegetable Supreme Pizza
Sweetcorn, Peppers, Cheese and Tomato Pizza with Jacket Wedges, House Coleslaw and Sweetcorn
Borlotti Bean and Mushroom Carbonara (V)
Beans and Mushrooms in a Creamy Sauce with, House Coleslaw and Sweetcorn
Ice Cream Pot and Fresh Fruit Slices

Monday

Beef and Vegetable Pie with Suet Crust
Beef and Vegetables Topped with a Suet Crust Pastry Lid with New Potatoes, Gravy, Green Beans and Cauliflower
Vegetables in Tomato Sauce (V)
Vegetarian Meatballs in a Tomato and Basil Sauce, with Green Beans and Cauliflower
Fruit in Jelly

Tuesday

Roast Turkey with Crispy Potatoes
Red Tractor Turkey with Cabbage, Carrots and Gravy
Cheese and Potato Bake (V)
Rich Creamy Cheese and Potato Bake with Cabbage and Carrots
Fruity Flapjack with Yoghurt

Wednesday

Chinese Chicken
Farm Assured Chicken in a Five Spiced Sauce with Egg Noodles, Broccoli and Sweetcorn
Vegetable Biryani (V)
Mild Vegetable Rice Curry, Broccoli and Sweetcorn
Pineapple and Peach Crumble with Custard

Thursday

MSC Battered Fish
Crispy Battered Pollock Fillet with Chips, Baked Beans and Garden Peas
Vegetable Chilli (V)
Vegetable Chilli with a Jacket Potato, Baked Beans and Garden Peas
Chocolate and Banana Slice

Friday

Week two



Jacket Potatoes
are available
every day with a
choice of filling

6/11, 27/11, 18/12, 15/1, 5/2, 5/3, 26/3

Super Hero Mac 'N' Cheese (V)
Macaroni in a Cheddar Cheese Sauce with Broccoli and Crunchy Salad
Boston Bean Casserole (V)
BBQ Bean Casserole with Broccoli and Crunchy Salad
Chocolate and Mandarin Sponge with Chocolate Sauce

Monday

Bangers with a Mash Mountain
Farm Assured Pork Sausages with Creamy Mashed Potato, Gravy, Garden Peas and Carrots
Vegebangers with Mash Mountain (V)
Vegetarian Sausages with Creamy Mash Potato, Gravy, Garden Peas and Carrots
Strawberry Cheesecake

Tuesday

Roast Beef with Crispy Potatoes
Beef with Peas, Cauliflower and Gravy
Quorn Roast with Crispy Potatoes (V)
Quorn Roast with Peas, Cauliflower and Gravy
Cheese and Biscuits

Wednesday

Beef Mexican Chilli
Beef in a Mild Tomato Sauce with Wholegrain Rice, Sweetcorn and Green Beans
Roasted Cauliflower and Chickpea Karna (V)
Vegetables in a Creamy Curry Sauce with Wholegrain Rice, Sweetcorn and Green Beans
Carrot and Pineapple Cake Slice

Thursday

MSC Fish Fingers
Golden Cod Fillet Fish Fingers with Chips, Baked Beans and House Coleslaw
Bean and Potato Burrito (V)
Mexican Bean in Fajita Seasoning with Chips, Baked Beans and House Coleslaw
Oatie Biscuit with Fruit Slices

Friday

Week three

13/11, 4/12, 1/1, 22/1, 19/2, 12/3,

Sizzling Beef Pizza
Cajun Spiced Beef Pizza with Potato Wedges, Peas and Sweetcorn
Mild Yellow Vegetable Curry (V)
Fresh Vegetables in a Mild Curry Sauce with Wholegrain Rice, Peas and Sweetcorn
Strawberry Fro Yoghurt

Monday

Marinated Mild Chicken Tikka
Chicken in a Tikka Masala Sauce with Wholegrain Rice, Broccoli and Salad
Cheese and Sweetcorn Quiche (V)
Sweetcorn and Cheese in a Shortcrust Pastry Tart with New Potatoes, Broccoli and Salad
Mini Gingerbread Cake with Fresh Fruit

Tuesday

Roast Gammon with Crispy Potatoes
Farm Assured Gammon with Cabbage, Carrots and Gravy
Shepherdess Pie (V)
Veggie Mince with a Creamy Mash Top with Cabbage and Carrots
Apple Cracknell with Custard

Wednesday

Pasta Bolognese
Beef in an Italian Tomato Sauce with Wholegrain Pasta, Green Beans and Sweetcorn
Chinese Veggie Noodles (V)
Vegetable Chow Mein with Egg Noodles, Green Beans and Sweetcorn
Chocolate Sultana Crispie

Thursday

MSC Crispy Salmon
Smartcrumb Salmon Fillet with Jacket Potato, Baked Beans and Peas
OR MSC Fish Fingers with Chips, Baked Beans and Peas
Veggie Quesadilla (V)
Mexican Vegetables in a Tortilla Wrap and Cheese with Chips, Baked Beans and Peas
Shortbread Biscuits with Fruit

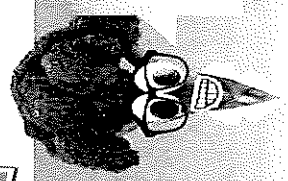
Friday

Our dishes contain increased levels of:

- Fruit & Vegetables
- Protein & Vitamins

To ensure a balanced diet for all our pupils

There is a vegetarian
choice every day...
and don't forget that
Salad is available daily.



Fresh Jacket Potatoes available
every day

Keep yourself
topped up with
water - it will help
you concentrate
all day long.

Our Suggesters provide the freshest
food ingredients

- Westcountry Organic Vegetables
- Sainsbury's
- Aldi

