

Autumn/Winter
2018/2019
Steamplicity

Food Super Heroes Menu

FREE

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

You could
save
£430*
per child, per year

We engage
with children
through fun
food activities.

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 and Fairtrade products used when possible

Lovingly prepared,
tasty and nutritious
school meals.

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

To order meals or for more information visit us at www.mealselector.co.uk,
email 73041@compass-group.co.uk or phone 01243 836130.
For more information on special diets, please contact westsussexspecialdiets@compass-group.co.uk.
To report sickness on the day call by 10:30am on 01243 773239 (messages only).



Chartwells
EAT LEARN LIVE

Week one

12/11 03/12 24/12 14/01 04/02 25/02 18/03 08/04

Monday

Choose a main meal...
Sausage, Mash & Baked Beans

on the side...
Peas or Salad

Butternut Squash & Chickpea Curry with Rice v

for dessert...
Cheese & Biscuits

Jacket Potato with Coleslaw v

Fruit Salad

Tuesday

Choose a main meal...
Macaroni Cheese v

on the side...
Rainbow Vegetables or Salad

Chicken Korma & Rice

for dessert...
Apricot Flapjack
Fruit Salad

Jacket Potato with Cheese & Baked Beans v

Wednesday

Choose a main meal...
Roast Chicken in Gravy with Roast Potatoes

on the side...
Seasonal Vegetables

Veggie Sausage in Gravy & Roast Potatoes v

for dessert...
Fruit Yoghurt & Granola Topping
Fruit Salad

Jacket Potato with Tuna Mayo or Cheese

Thursday

Choose a main meal...
Cheese & Tomato Pizza v

on the side...
Sliced Carrots & Sweetcorn or Salad

Beef Pasta Bolognese

for dessert...
Banana Marble Sponge & Custard
Fruit Salad

Jacket Potato with Baked Beans v

Friday

Choose a main meal...
Fish & Chips

on the side...
Baked Beans or Salad

Veggie Burger in a Bun & Chips v

for dessert...
Melon Slices & Orange Wedges

Jacket Potato with Cheese & Coleslaw v

Fresh Fruit Bowl

Week two

29/10 19/11 10/12 31/12 21/01 11/02 04/03 25/03 15/04

Choose a main meal...
Cheese & Tomato Pasta v
Salmon Paella

on the side...
Rainbow Vegetables or Salad

Jacket Potato with Cheese & Baked Beans v

for dessert...
Muesli Flapjack
Fruit Salad

Choose a main meal...
BBQ Chicken & Rice
Veggie Sausage & Bean Casserole & Diced Potatoes v

on the side...
Sliced Carrots & Sweetcorn or Salad
for dessert...
Cheese & Biscuits

Jacket Potato with Coleslaw v

Fruit Salad

Choose a main meal...
Roast Beef in Gravy with Roast Potatoes

on the side...
Seasonal Vegetables

Cauliflower Bake with Roast Potatoes v

for dessert...
Toffee Apple Muffin
Fruit Salad

Jacket Potato with Tuna Mayo or Cheese

Choose a main meal...
Chicken Fillet in a Bun with Mayo or Ketchup

on the side...
Peas or Salad

Mild Bean Chilli and Rice v

for dessert...
Fruit Salad
Whole Piece of Fruit

Jacket Potato with Baked Beans v

Choose a main meal...
Fish & Chips

on the side...
Baked Beans or Salad

Quorn Frankfurter & Chips v

for dessert...
Fruit Yoghurt & Granola Topping

Jacket Potato with Cheese & Coleslaw v

Fruit Salad

Week three

05/11 26/11 17/12 07/01 28/01 18/02 11/03 01/04

Choose a main meal...
Macaroni Cheese v

on the side...
Rainbow Vegetables or Salad

Mild Beef Chilli & Rice

for dessert...
Fruit Yoghurt & Granola
Fruit Salad

Jacket Potato with Coleslaw v

Choose a main meal...
Cheese & Tomato Pizza v

on the side...
Peas or Salad

Butternut Squash & Chickpea Curry and Rice v

for dessert...
Mandarin Drizzle
Cake
Fruit Salad

Jacket Potato with Cheese & Baked Beans v

Choose a main meal...
Roast Ham in Gravy & Roast Potatoes

on the side...
Seasonal Vegetables

Veggie Meatballs in Gravy & Roast Potatoes v

for dessert...
Peaches & Custard

Jacket Potato with Tuna Mayo or Cheese

Fruit Salad

Choose a main meal...
Chicken Tikka Masala & Rice
Veggie Pasta Bolognese v

on the side...
Sliced Carrots & Sweetcorn or Salad

Jacket Potato with Baked Beans v

for dessert...
Cheese & Biscuits
Fruit Salad

Choose a main meal...
Fish & Chips

on the side...
Baked Beans or Salad

Cheese & Tomato Pasta v

for dessert...
Chocolate Muffin

Jacket Potato with Cheese & Coleslaw v

Fruit Salad

Our chicken and milk are 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



All Eggs used are British Free Range

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

Bloomer Bread

AVAILABLE EVERY DAY



All our bananas are FAIRTRADE

