

Spring/Summer  
2018

# FREE

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

You could  
save over  
**£408.50\***  
per child per year

We engage  
with children  
through fun  
food activities.

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!

Lovingly prepared,  
tasty and nutritious  
school meals.

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

01332 340662

# Food

# Super Heroes

# Menu



# Week one

Monday

09/04 30/04 21/05 18/06 09/07 03/09 24/09 15/10

Choose a main meal...

Mozzarella & Tomato Pizza with Jacket Potato ✓

Mediterranean Summer Beans with Rice ✓

on the side...

Crunchy Salad  
Sweetcorn

for dessert...

Strawberry Ice-cream Pot

Tuesday

Choose a main meal...

Roast Chicken with Creamy Mash & Gravy

Quorn Roast with Creamy Mash & Gravy ✓

on the side...

Broccoli  
Cauliflower

for dessert...

Berry Flapjack

Wednesday

Choose a main meal...

Chicken Tikka Masala with Rice

Veggie Hot Dog with Jacket Wedges ✓

on the side...

Green Beans  
Carrots

for dessert...

Mini Chocolate Brownie with Banana & Custard

Thursday

Choose a main meal...

Roast Pork with Roast Potatoes & Gravy

Macaroni, Cheese & Sweetcorn Bake ✓

on the side...

Seasonal Cabbage  
Carrots

for dessert...

Wedges of Melon & Orange

Friday

Choose a main meal...

Crispy Fish & Chips

Vegetable Lasagne with Chips ✓

on the side...

Baked Beans  
Peas & Mixed Salad

for dessert...

Orange Shortbread with Yoghurt Dipper

# Week two

16/04 07/05 04/06 25/06 16/07 10/09 01/10 22/10

Choose a main meal...

Mozzarella & Tomato Pizza with Pasta Salad ✓

Veggie Balls in Tomato Sauce with Pasta ✓

on the side...

Broccoli  
Sweetcorn

for dessert...

Vanilla Ice Cream Pot

Choose a main meal...

Pork Sausages with Creamy Mash & Gravy

Vegetarian Sausages with Creamy Mash & Gravy ✓

on the side...

Carrots  
Seasonal Cabbage

for dessert...

Chocolate & Banana Mousse Pct

Choose a main meal...

Chicken Mayo Burger with Jacket Wedges

Creamy Basil Pasta ✓

on the side...

House Coleslaw  
Sweetcorn

for dessert...

Carrot & Banana Slice with Custard

Choose a main meal...

Roast Turkey with Roast Potatoes & Gravy

Quorn Roast with Roast Potatoes & Gravy ✓

on the side...

Peas  
Cauliflower

for dessert...

Crunchy Chocolate Biscuit with Fruit Slices

Choose a main meal...

Golden Fish Fingers & Chips

Bean Burger in a Bun with Tomato Relish & Chips ✓

on the side...

Baked Beans  
Peas & Mixed Salad

for dessert...

Strawberry Jelly

# Week three

£2.15

23/04 14/05 11/06 02/07 23/07 17/09 08/10

Choose a main meal...

All Day Breakfast with Bacon & Potato Wedges

All Day Breakfast with Quorn Sausage & Potato Wedges ✓

on the side...

Baked Beans  
Peas & Mixed Salad

for dessert...

Peach Crumble & Custard

Choose a main meal...

Roast Chicken with Creamy Mash & Gravy

Country Vegetable Pie with Creamy Mash ✓

on the side...

Green Beans  
Carrots

for dessert...

Lemon Shortbread Biscuit

Choose a main meal...

Bolognese Pasta

Quorn Burger with Jacket Wedges ✓

on the side...

Carrots  
Sweetcorn

for dessert...

Chocolate & Gingerbread Bite

Choose a main meal...

Honey Roast Gammon with Roast Potatoes & Gravy

Cauliflower & Broccoli Cheese Bake with Roast Potatoes ✓

on the side...

Seasonal Cabbage  
Cauliflower

for dessert...

Oatie Biscuit with Fruit Slices

Choose a main meal...

Salmon Fish Fingers with Chips

Bean & Pepper Fajita with Chips ✓

on the side...

Crunchy Salad  
Peas

for dessert...

Chocolate Ice-cream Pot

All our milk is Red Tractor approved



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



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

CHART001\_MAS4\_363902

Jacket Potatoes with Assorted Toppings Available Daily



WE SUPPORT 82 BRITISH DAIRY FARMS

ALL OUR EGG IS Lion Quality

We only use British Eggs

FARM TO FORK

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

ALL OUR BREAD IS FRESHLY BAKED EVERY DAY

ALL OUR BANANAS ARE FAIRTRADE