



FREE

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

You could
save over
£430*
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!

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

Lovingly prepared,
tasty and nutritious
school meals.

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

If you would like to know more about our school meals, contact:
Katie Cooper -Tel: 01872 540536, e-mail: katie.cooper@compass-group.co.uk

Food

Super Heroes

Menu




Chartwells
EAT LEARN LIVE

Week one

17/4, 8/5, 6/6, 26/6, 17/7, 11/9, 1/10

Monday

Pasta Pack's Beef Bolognese

Organic Beef in an Italian Tomato Sauce with Wholegrain Pasta, Salad and Garden Peas

Mega Mozzarella and Tomato Pizza (V)

Cheese and Tomato Pizza with Potato Wedges, Salad and Garden Peas

Silvertop's Yoghurt with Peach Compote

Tuesday

Beef Pie

Organic Beef and Onions Topped with a Shortcrust Pastry Lid with New Potatoes, Gravy, Green Beans and Roasted Vegetables

Pasta Pack's Neapolitan Cheesy Pasta (V)

Pasta in a Tomato Sauce topped with Cheese, with Green Beans and Roasted Vegetables

Apple Cake with Custard

Wednesday

Roast Turkey with Bud's Crispy Spuds

Red Tractor Turkey with Cabbage, Carrots and Gravy

Super Quorn Roast with Bud's Crispy Spuds (V)

with Cabbage, Carrots and Gravy

Berry Chill

Thursday

BBQ Chicken

Red Tractor Chicken Thigh in a Smokey Barbeque Sauce with Sweet Potato Mash, Coleslaw and Sweetcorn

Mexican Vegetable Chilli (V)

Vegetables in a Mild Tomato Sauce with Wholegrain Rice, Coleslaw and Sweetcorn

Oat Cookie

Friday

MSC Battered Fish

Crispy Battered Pollock Fillet with Chips, Baked Beans and Garden Peas

Vegetable Curry and Chickpea Wrap (V)

Tortilla Wrap filled with Curried Vegetables and Chickpeas with Chips, Baked Beans and Garden Peas

Chocolate and Mandarin Sponge with Chocolate Sauce



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

Week two

24/4, 15/5, 12/6, 3/7, 24/7, 18/9, 9/10

Monday

Pasta Packs' VegeBalls (V)

Vegetarian Meatballs in a Tomato and Basil Sauce with Wholegrain Pasta, Salad and Broccoli

Super Hero Mac 'N' Cheese (V)

Macaroni in a Cheddar Cheese Sauce with Salad and Broccoli

Strawberry Frozen Yoghurt

Tuesday

Bangers with a Mash Mountain

Farm Assured Pork Sausages with Creamy Mashed Potato, Gravy, Garden Peas and Baked Beans

Sweet Potato Gumbo (V)

Cajun Spiced Southern Stew with Rice and Peas, Baked Beans and Garden Peas

Berry Flapjack

Wednesday

Roast Beef with Bud's Crispy Spuds

Organic Beef with Carrots, Green Beans and Gravy

Bean and Chive Frittata with Bud's Crispy Spuds (V)

Italian Style Soya Bean Omelette with Carrots and Green Beans

Mini Chocolate Brownie with Fresh Banana Slices

Thursday

Beef Mexican Chilli

Organic Beef in a Mild Tomato Sauce with Wholegrain Rice, Sweetcorn and Broccoli

VegeBangers with a Mash Mountain (V)

Vegetarian Sausages with Creamy Mashed Potato, Gravy, Sweetcorn and Broccoli

Pineapple Upside Down Cake and Custard

Friday

MSC Fish Fingers

Golden Cod Fillet Fish Fingers with Chips, Garden Peas and Salad

Vegetable Lasagne (V)

Layers of Pasta and Vegetables Topped with a Cheesy Sauce with Garden Peas and Salad

Jelly and Ice Cream



Jacket Potatoes are **available every day** with a choice of filling

Week three

1/5, 22/5, 19/6, 10/7, 4/9, 25/9, 16/10

Monday

Sizzling Beef Pizza

Cajun Spiced Organic Beef Pizza with Potato Wedges, Broccoli and Sweetcorn

Pasta Packs' Tomato and Basil Pasta Bake (V)

Wholemeal Pasta in a Rich Tomato and Basil Sauce with Broccoli and Sweetcorn

Silvertop's Cool Ice Cream Pot

Tuesday

Chunky Chicken Bite

Farm Assured Chicken Thigh Baked in Breadcrumbs with Pasta Salad, Green Beans and Coleslaw

Cheese and Red Onion Quiche (V)

Sweet Red Onion and Cheese in a Shortcrust Pastry Tart with Pasta Salad, Green Beans and Coleslaw

Raspberry Ripple Cake

Wednesday

Roast Gammon with Bud's Crispy Spuds

Free Range Gammon with Cabbage, Carrots and Gravy

Cheesy Baked Bean Bubble and Squeak (V)

Cheesy Potato, Onion, Cabbage and Baked Bean Mash with Cabbage and Carrots

Chocolate Fruity Crispy

Thursday

Beef Lasagne

Organic Beef in a Tomato Sauce with Layers of Pasta and White Sauce with Garlic and Herb Bread, Garden Peas and Salad

Roasted Cauliflower and Chickpea Korma (V)

Vegetables in a Creamy Curry Sauce with Basmati Rice, Garden Peas and Salad

Custard Biscuit with Fresh Fruit Slices

Friday

MSC Crispy Fish Fillet

Smartcrumb Salmon Fillet or Cod Fish Fingers with Chips, Baked Beans and Sweetcorn

BBQ Quorn and Bean Wrap (V)

Tortilla Wrap Filled with a Quorn Fillet and Red Kidney Beans in a Smokey Sauce with Chips, Baked Beans and Sweetcorn

Apple Crumble and Custard

Reception, Year 1 & 2 Free
Year 3, 4, 5 & 6 £2.20

Available everyday:

- Fresh salad bar
- Fresh baked bread
- Fresh fruit and Yoghurt
- Jacket Potatoes with a choice of fillings

Our menus are Gold FFL accredited and include:

- Fresh Organic Beef
- Fresh Free Range Pork
- Fresh Red Tractor Chicken
- Farm Assured Sausages and Burgers
- Free Range Eggs
- MSC Fish – Sustainably Sourced Fish



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

Our dishes contain increased levels of:

- Fruit & Vegetables
 - Pulses & Wholegrains
- to ensure a nutritious, balanced meal everyday.

Our Suppliers provide the freshest local ingredients:

- Westcountry Fruit and Vegetables
- Scorse Butchers
- Trewhith Dairy
- Proper Cornish

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

