

Autumn/Winter  
2018/2019

### Barry

Barry the Beans packs a mighty protein punch! He's a real bodybuilder, using his muscle power to help build the team's energy and spirit.



### Bud 'n' Jud

Bud 'n' Jud the Spuds are big, but they're bursting with energy thanks to their carbohydrate super-power. When there's hard physical work ahead, Bud 'n' Jud are raring to go!



### Silvertop

Silvertop's super-charged calcium levels give him his super-strong bones. Our heroes can always rely on him during their adventures.



### Brains

Packed full of iron to help growing minds work better, Brains the Broccoli is always on the ball to hatch perfect plans for the team.



Meet the

# Food Super Heroes

### The Pasta Pack

The Pasta Pack are an unruly bunch, each with their own unique personality. Their wholegrain powers make them passionate with strong hearts, and they'll stop at nothing to defend the team.



### Hydra

Hydra is always working hard to fight off evil toxins that stop the team from performing at their best. She never rests, rarely makes mistakes and her powers of concentration are immense!



Who is your favourite?

### Boss

The leader of the team, Boss the Banana's fibre helps keep everything running smoothly. When our team gets stuck, the Boss is always around to get things moving again.



### Doc

Doc the Kiwi knows just what the team needs to keep on top of its game. She helps our heroes stay healthy by boosting their immune systems and preventing illness.



### Casey

Casey the Carrot's superhero levels of vitamins keep her eyes sharp... even in the dark! She's always looking out for the team.



# Food Super Heroes Menu



Contact Chartwells on 01908 615715 or email  
creativekitchenadmin2@compass-group.co.uk

Chartwells  
EAT LEARN LIVE



## Week one

Monday

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

Choose a main meal...

Mac 'N' Cheese ✓  
Vegetable Balls in a  
Tomato Sauce ✓

on the side...

Sweetcorn  
Peas

for dessert...

Flapjack with Fruit Slices  
Fresh Fruit & Yoghurts

Tuesday

Choose a main meal...

Chicken Mayo Burger with  
Jacket Wedges  
Creamy Broccoli &  
Sweetcorn Pasta ✓  
Halal Chicken Mayo Burger  
with Jacket Wedges

on the side...

Roasted Vegetables  
Carrots

for dessert...

Pear & Ginger Crumble  
with Custard  
Fresh Fruit & Yoghurts

Wednesday

Choose a main meal...

Roast Turkey with Roast  
Potatoes & Gravy  
Country Vegetable Pie with  
Roast Potatoes & Gravy ✓  
Halal Roast Turkey with  
Roast Potatoes & Gravy

on the side...

Green Beans  
Cauliflower

for dessert...

Chocolate Ice Cream  
Fresh Fruit & Yoghurts

Thursday

Choose a main meal...

Pork Ragu with Rice  
Bean Burger in a Bun with  
a Tomato Relish & Potato  
Wedges ✓  
Halal Beef Keema Curry  
with Rice

on the side...

Carrots  
Broccoli

for dessert...

Brownie Cake  
Fresh Fruit & Yoghurts

Friday

Choose a main meal...

Crispy Fish & Chips  
Quorn Dippers with Chips  
✓

on the side...

Baked Beans  
Crunchy Coleslaw

for dessert...

Lemon Shortbread  
Fresh Fruit & Yoghurts

## Week two

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

Choose a main meal...

Mozzarella & Tomato Pizza  
✓  
Vegetable Biryani ✓

on the side...

Broccoli  
Sweetcorn  
for dessert...  
Vanilla Ice Cream  
Fresh Fruit & Yoghurts

Choose a main meal...

Pork Sausages with  
Cheesy Mash  
Vegetarian Sausages with  
Cheesy Mash ✓  
Halal Chicken Sausages  
with Cheesy Mash

on the side...

Baked Beans  
Roasted Vegetables  
for dessert...  
St Clements Sponge Cake  
Fresh Fruit & Yoghurts

Choose a main meal...

Roast Turkey with Roast  
Potatoes & Gravy  
Cauliflower & Broccoli  
Cheese Bake with Roast  
Potatoes & Gravy ✓  
Halal Roast Turkey with  
Roast Potatoes & Gravy

on the side...

Roast Parsnip  
Carrots  
for dessert...  
Oatie Biscuit with Fruit  
Slices  
Fresh Fruit & Yoghurts

Choose a main meal...

Chicken & Tomato  
Lasagne with a Garlic &  
Herb Bread Wedge  
Vegetarian Tagine with Rice  
✓  
Halal Chicken & Tomato  
Lasagne with Garlic & Herb  
Bread Wedge

on the side...

Green Beans  
Cauliflower  
for dessert...  
Apple & Berry Crumble with  
Custard  
Fresh Fruit & Yoghurts

Choose a main meal...

Golden Fish Fingers &  
Chips  
Mediterranean Tart & Chips  
✓

on the side...

Baked Beans  
Peas  
for dessert...  
Banana & Apricot Flapjack  
Fresh Fruit & Yoghurts

## Week three

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

Choose a main meal...

Mozzarella & Tomato Pizza  
with Jacket Wedges ✓  
Mild Yellow Vegetable  
Curry & Rice ✓

on the side...

Peas  
Roasted Vegetables  
for dessert...  
Strawberry Ice Cream  
Fresh Fruit & Yoghurts

Choose a main meal...

Chicken & Broccoli Pie with  
New Potatoes  
Creamy Tomato & Basil  
Pasta ✓  
Halal Chicken & Broccoli  
Pie with New Potatoes

on the side...

Carrots  
Green Beans  
for dessert...  
Raspberry Ripple Cake  
Fresh Fruit & Yoghurts

Choose a main meal...

Roast Pork with Roast  
Potatoes & Gravy  
Quorn Roast with Roast  
Potatoes & Gravy ✓  
Halal Roast Chicken with  
Roast Potatoes & Gravy

on the side...

Seasonal Cabbage  
Carrot & Swede Mash  
for dessert...  
Peach Slice  
Fresh Fruit & Yoghurts

Choose a main meal...

Beef Macaroni Bake with  
Garlic & Herb Bread  
Wedge  
Vegetable Korma with Rice  
✓  
Halal Beef Macaroni Bake  
with Garlic & Herb Bread  
Wedge

on the side...

Broccoli  
Sweetcorn  
for dessert...  
Pineapple Upside Down  
Cake with Custard  
Fresh Fruit & Yoghurts

Choose a main meal...

Golden Fish Fingers with  
Chips  
Baked Bean & Cheese  
Quesadilla with Chips ✓

on the side...

Baked Beans  
Peas  
for dessert...  
Shortbread Fingers with  
Fruit Slice  
Fresh Fruit & Yoghurts

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

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

ALL OUR  
BREAD IS  
FRESHLY BAKED  
EVERY DAY

FAIRTRADE  
All our  
bananas are  
FAIRTRADE

