

Our commitment to  
**healthy eating**  
in our schools

Our commitment to healthy eating in our schools is still as strong as ever. We go a long way to ensure that children eat well and understand the importance of a healthy diet and lifestyle.

Spring/Summer  
2019

# Food Super Heroes Menu

We can adapt our menus to meet **special dietary requirements** so that school meals can be enjoyed by all children.

We're proud that all our menus **meet or exceed** Government food and nutrition standards.

Wherever possible we **minimise and eliminate** food additives in the school meals we serve.

The rigour in our sourcing means that we can **trace all our products back to source.**

Our very own team of nutritionists develop all our menus to ensure **balanced and healthy choices**.

Contact Chartwells on 01908 615705 or email [creativekitchenadmin2@compass-group.co.uk](mailto:creativekitchenadmin2@compass-group.co.uk)

  
**Chartwells**  
EAT LEARN LIVE

## Week one

Monday

29/04 20/05 10/06 01/07 22/07 02/09 23/09 14/10

Choose a main meal...

Tomato & Mozzarella Pizza with Jacket Wedges ✓ \*\*  
Chinese Style Veggie Rice ✓

on the side...

Broccoli  
Sweetcorn  
for dessert...  
Mango Frozen Yoghurt  
Fresh Fruit or Yoghurt

Tuesday

Choose a main meal...

Chicken Tikka Masala with Rice \*\*  
Vegetable Pasta Bolognese ✓ \*\*  
Halal- Chicken Tikka Masala with Rice

on the side...

Green Beans  
Mediterranean Vegetables  
for dessert...  
Pear Upside Down Cake with Custard  
Fresh Fruit or Yoghurt

Wednesday

Choose a main meal...

Roast Gammon with Roast Potatoes & Gravy \*  
Sweet Potato & Chickpea Roast with Roast Potatoes & Gravy ✓  
Halal-Roast Chicken with Roast Potatoes & Gravy

on the side...

Carrots  
Cabbage  
for dessert...  
Flapjack with Fruit Slices  
Fresh Fruit or Yoghurt

Thursday

Choose a main meal...

BBQ Beef Meatballs with Pasta \* \*\*  
Sweetcorn Tortilla Pie with Rice ✓ \*\*  
Halal-BBQ Beef Meatballs with Pasta

on the side...

Peas  
Roasted Seasonal Vegetables  
for dessert...  
Brownie Cake  
Fresh Fruit or Yoghurt

Friday

Choose a main meal...

Cod Fish Fingers with Chips  
Quorn Dippers with Chips ✓

on the side...

Sweetcorn  
Baked Beans  
for dessert...  
Berry Chill  
Fresh Fruit or Yoghurt

## Week two

06/05 17/06 08/07 29/07 09/09 30/09 21/10

Choose a main meal...

BBQ Quorn Burger with Jacket Wedges ✓  
Cheese & Tomato Pizza ✓

on the side...

Crunchy Coleslaw  
Peas  
for dessert...  
Chocolate Sponge Cake with Custard  
Fresh Fruit or Yoghurt

Choose a main meal...

Pork Sausages with Creamy Mash \*\*  
Vegetarian Sausages with Creamy Mash ✓  
Halal-Chicken Sausage with Creamy mash

on the side...

Roasted Peppers & Sweetcorn  
Baked Beans  
for dessert...  
Strawberry Sponge Swirl  
Fresh Fruit or Yoghurt

Choose a main meal...

Roast Turkey with Roast Potatoes & Gravy  
Cheese & Potato Bake ✓  
Halal-Roast chicken with Roast Potatoes & Gravy

on the side...

Cabbage  
Carrots  
for dessert...  
Oatie Biscuit with Fruit Slices  
Fresh Fruit or Yoghurt

Choose a main meal...

Pasta Bolognese \* \*\*  
Mild Chickpea Curry with Rice ✓ \*\*  
Halal-Pasta Bolognese \* \*\*

on the side...

Broccoli  
Sweetcorn  
for dessert...  
Apple & Carrot Slice  
Fresh Fruit or Yoghurt

Choose a main meal...

Crispy Fish & Chips  
Baked Bean & Cheese Quesadilla with Chips ✓

on the side...

Peas  
Tomato & Cucumber Salad  
for dessert...  
Strawberry Frozen Yoghurt  
Fresh Fruit or Yoghurt

## Week three

22/04 13/05 03/06 24/06 15/07 26/08 16/09 07/10 28/10

Choose a main meal...

Mac 'N' Cheese ✓  
Vegetable Korma with Rice ✓ \*\*

on the side...

Broccoli  
Carrots  
for dessert...  
Peach Slice  
Fresh Fruit or Yoghurt

Choose a main meal...

Chicken & Sweetcorn Pie with New Potatoes  
Cheesy Bubble & Squeak ✓  
Halal-Chicken & Sweetcorn Pie with New Potatoes

on the side...

Peas  
Mediterranean Vegetable  
for dessert...  
Lemon Drizzle Cake  
Fresh Fruit or Yoghurt

Choose a main meal...

Roast Pork with Roast Potatoes & Gravy \*  
Quorn Roast with Roast Potatoes & Gravy ✓  
Halal-Roast Turkey with Roast Potatoes & Gravy

on the side...

Carrots  
Cabbage  
for dessert...  
Blueberry Frozen Yoghurt  
Fresh Fruit or Yoghurt

Choose a main meal...

Beef Burger in a Bun with Jacket Wedges \*\*  
Vegetable Lasagne ✓  
Halal-Beef burger in a bun with Jacket Wedges \*\*

on the side...

Roasted Summer Vegetable Medley  
Sweetcorn  
for dessert...  
Apple & Berry Crumble with Custard  
Fresh Fruit or Yoghurt

Choose a main meal...

Golden Fish Fingers & Chips  
Sweet Potato & Chickpea Burger with Chips ✓

on the side...

Baked Beans  
Peas  
for dessert...  
Chocolate Shortbread with Fruit Slices  
Fresh Fruit or Yoghurt

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

ALL OUR BANANAS ARE FAIRTRADE



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