

Spring/Summer  
2019

# Food Super Heroes Menu

# FREE

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

You could  
save over  
**£470\***  
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.

  
**Chartwells**  
EAT LEARN LIVE



## Week one

22/04 13/05 10/06 01/07 22/07 02/09 23/09 14/10

Monday

Choose a main meal...

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

on the side...

Broccoli  
Sweetcorn  
**for dessert...**  
Mango Frozen Yoghurt

Tuesday

Choose a main meal...

Chicken Tikka Masala with Rice ✓  
Vegetable Pasta Bolognese ✓

on the side...

Green Beans  
Mixed Vegetables  
**for dessert...**  
Pear Upside Down Cake with Custard

Wednesday

Choose a main meal...

Roast Gammon with Roast Potatoes & Gravy  
Country Vegetable Pie with Roast Potatoes & Gravy ✓

on the side...

Carrots  
Cabbage  
**for dessert...**  
Flapjack with Fruit Slices

Thursday

Choose a main meal...

BBQ Beef Meatballs with Pasta  
BBQ Sweetcorn Stack with Rice ✓ (layered tortilla bake)

on the side...

Peas  
Mixed Vegetables  
**for dessert...**  
Brownie Cake

Friday

Choose a main meal...

Cod Fish Fingers with Chips  
Salmon Fish Fingers with Chips  
Hotdog with Chips ✓

on the side...

Sweetcorn  
Baked Beans  
**for dessert...**  
Berry Chill

## Week two

29/04 20/05 17/06 08/07 09/09 30/09

Choose a main meal...

BBQ Burger with Jacket Wedges ✓  
Tomato and Herb Pasta ✓

on the side...

Crunchy Coleslaw  
Peas  
**for dessert...**  
Chocolate Sponge Cake with Custard

Choose a main meal...

Pork Sausages with Creamy Mash  
Vegetarian Sausages with Creamy Mash ✓

on the side...

Mixed Vegetables  
Baked Beans  
**for dessert...**  
Strawberry Sponge Swirl

Choose a main meal...

Roast Turkey with Roast Potatoes & Gravy  
Cheese and Potato Bake with Roast Potatoes ✓

on the side...

Cabbage  
Carrots  
**for dessert...**  
Oatie Biscuit with Fruit Slices

Choose a main meal...

Pasta Bolognese  
Mild Chickpea Curry with Rice ✓

on the side...

Broccoli  
Sweetcorn  
**for dessert...**  
Apple & Carrot Cake

Choose a main meal...

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

on the side...

Peas and Baked Beans  
Tomato & Cucumber Salad  
**for dessert...**  
Cheese & Biscuits

## Week three

06/05 03/06 24/06 15/07 16/09 07/10

Choose a main meal...

Mac 'N' Cheese ✓  
Vegetable Korma with Rice ✓

on the side...

Broccoli  
Carrots  
**for dessert...**  
Peach Slice

Choose a main meal...

Chicken & Sweetcorn Pizza with Jacket Wedges  
Cheesy Bubble & Squeak ✓

on the side...

Peas  
Mixed Vegetables  
**for dessert...**  
Lemon Drizzle Cake

Choose a main meal...

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

on the side...

Carrots  
Cabbage  
**for dessert...**  
Blueberry Frozen Yoghurt

Choose a main meal...

Beef Burger with Jacket Wedges  
Vegetable Lasagne with Garlic Bread ✓

on the side...

Mixed Vegetables  
Sweetcorn  
**for dessert...**  
Apple & Berry Crumble with Custard

Choose a main meal...

Cod Fish Fingers & Chips  
Dippers with Chips ✓

on the side...

Baked Beans  
Peas  
**for dessert...**  
Chocolate Shortbread with Fruit Slices

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

All our bananas are FAIRTRADE

