

## Week one

08/01 29/01 26/02 19/03

Monday

### Choose a main meal...

Macaroni Cheese v  
Veggie Chilli & Wholemeal  
Rice v  
Jacket Potato with Veggie  
Chilli v

### on the side...

Sweetcorn  
Green Beans  
**for dessert...**  
Fruity Yoghurt with a  
Crunchy Twist

Tuesday

### Choose a main meal...

Sausages in Gravy with  
Mashed Potato  
Veggie Sausages in Gravy with  
Mashed Potato v  
Jacket Potato with Grated  
Cheese v

### on the side...

Diced Swede  
Baked Beans  
**for dessert...**  
Pineapple Upside Down  
Cake & Custard

Wednesday

### Choose a main meal...

Roast Beef in Gravy with  
Roast Potatoes  
Roast Quorn in Gravy with  
Roast Potatoes v  
Jacket Potato with Cheese  
& Beans

### on the side...

Cabbage  
Sliced Carrot  
**for dessert...**  
Yoghurt & Melon Slices

Thursday

### Choose a main meal...

Chilli Con Carne with  
Wholemeal Rice  
Cheese & Tomato Pizza v  
Jacket Potato with Coleslaw  
& Cheese

### on the side...

Broccoli  
Baked Beans  
**for dessert...**  
Apricot Shortbread

Friday

### Choose a main meal...

Fish Fingers with Mashed  
Potato  
Veggie Nuggets with Mashed  
Potato v  
Jacket Potato with Baked  
Beans

### on the side...

Sweetcorn  
Peas  
**for dessert...**  
Yoghurt with Apple &  
Grapes

## Week two

15/01 05/02 05/03 26/03

### Choose a main meal...

Cheese & Tomato Pizza v  
Boston Bean Casserole with  
Wholemeal Rice v  
Jacket Potato with Boston  
Bean Casserole v

### on the side...

Carrot  
Green Beans  
**for dessert...**  
Chocolate Muffin

### Choose a main meal...

Chicken & Tomato Pasta  
Creamy Tomato & Veggie  
Ball Pasta v  
Jacket Potato with Grated  
Cheese v

### on the side...

Sweetcorn  
Broccoli  
**for dessert...**  
Crunchy Red Berry Yoghurt

### Choose a main meal...

Roast Pork in Gravy with Roast  
Potatoes  
Potato & Vegetable Frittata v  
Jacket Potato with Cheese &  
Beans

### on the side...

Cauliflower  
Carrot  
**for dessert...**  
Oat Cookie

### Choose a main meal...

Cottage Pie  
Vegetarian Shepherd's Pie  
v  
Jacket Potato with Baked  
Beans v

### on the side...

Cabbage  
Sweetcorn  
**for dessert...**  
Yoghurt & Melon Slices

### Choose a main meal...

Battered Fish with Herby  
Diced Potatoes  
Mexican Vegetable & Bean  
Burrito v  
Jacket Potato with Coleslaw  
& Cheese v

### on the side...

Peas  
Baked Beans  
**for dessert...**  
Mandarin Drizzle

## Week three

£2.30

01/01 22/01 19/02 12/03

### Choose a main meal...

Wholemeal Pasta Bolognese  
Tomato & Vegetable Herby  
Pasta v  
Jacket Potato with Baked  
Beans v

### on the side...

Peas  
Sweetcorn  
**for dessert...**  
Yoghurt with Sliced  
Oranges & Grapes

### Choose a main meal...

Cheese & Tomato Pizza v  
Cowboy Pie v  
Jacket Potato with Grated  
Cheese v

### on the side...

Baked Beans  
Green Beans & Carrots  
**for dessert...**  
Cheese & Crackers

### Choose a main meal...

Roast Turkey in Gravy with  
Roast Potatoes  
Quorn Frankfurter with Roast  
Potatoes v  
Jacket Potato with Salmon  
Mayonnaise

### on the side...

Cabbage  
Sweetcorn  
**for dessert...**  
Mandarin Yoghurt Pot

### Choose a main meal...

Beef Burger in a Bun with  
Wedges  
Crispy Vegetable Burger in a  
Bun with Wedges v  
Jacket Potato with Coleslaw  
& Cheese v

### on the side...

Baked Beans  
**for dessert...**  
Toffee & Apple Muffin

### Choose a main meal...

Breaded Fish Fingers with  
Mashed Potato  
Sweet Potato & Squash Stew  
with Wholemeal Rice v  
Jacket Potato with Baked  
Beans v

### on the side...

Carrot  
Peas  
**for dessert...**  
Yoghurt with Apple &  
Orange Slices

Our chicken  
and mince  
are RSPCA  
Tractor  
approved



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



ALL OUR BEEF  
is from  
THE UK OR  
IRELAND

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

Chilled Water, salad and bread are available daily.

All paid meals to be ordered one full week in advance of the entire week they are required, either online by midnight Sunday or via telephone by 3pm Friday.  
Terms and Conditions apply. Please see our website or contact us for more information. Menu is subject to availability.



WE SUPPORT  
**82** BRITISH  
DAIRY  
FARMS



All Eggs used  
are British  
Free Range

FARM TO FORK  
We can trace every  
cut of meat back to  
the British farms  
of origin

Bloomer  
Bread

AVAILABLE  
EVERY DAY



All our  
bananas are  
FAIRTRADE





**Autumn/Winter  
2017/2018  
DIH**

**You could  
save over  
£430.00\*  
per child per year**

We engage  
with children  
through **fun**  
**food activities**

Lovingly prepared,  
**tasty and nutritious**  
school meals.

# FREE

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

Welcome to the West Sussex School menu. As well as having some exciting new meals to try, our executive chefs have been listening to our young customers and updating some of our traditional favourites.

In addition to providing tasty and nutritious food you can also be safe in the knowledge that it is sustainably sourced with meat from British quality assured farms, fish from sustainable fisheries and all our eggs are free range and Fairtrade products used when possible

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

**To order meals or for more information visit us at [www.mealselector.co.uk](http://www.mealselector.co.uk), email [73041@compass-group.co.uk](mailto:73041@compass-group.co.uk) or phone 01243 836130.**

**For more information on special diets, please contact [westsussexspecialdiets@compass-group.co.uk](mailto:westsussexspecialdiets@compass-group.co.uk).**

**To report sickness on the day call by 10:30am on 01243 773239 (messages only).**

# Food

# Super Heroes

# Menu



**Chartwells**  
EAT LEARN LIVE