

## Week one

Monday

08/01 29/01

### Choose a main meal...

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

### 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 with Peas  
Veggie Sausages in Gravy with Mashed Potato ?  
Jacket Potato with Grated Cheese ?

### 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 ?  
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 ?  
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 ?  
Jacket Potato with Baked Beans

### on the side...

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

## Week two

15/01 05/02

### Choose a main meal...

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

### on the side...

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

### Choose a main meal...

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

### 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 ?  
Jacket Potato with Cheese & Beans

### on the side...

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

### Choose a main meal...

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

### on the side...

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

### Choose a main meal...

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

### on the side...

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

## Week three

£2.30

01/01 22/01

### Choose a main meal...

Wholemeal Pasta Bolognaise  
Tomato & Vegetable Herby Pasta ?  
Jacket Potato with Baked Beans ?

### on the side...

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

### Choose a main meal...

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

### 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 ?  
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 ?  
Jacket Potato with Coleslaw & Cheese ?

### 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 ?  
Jacket Potato with Baked Beans ?

### on the side...

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

Our chicken and mince are RCTA 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, milk, 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

# FREE

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

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

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

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

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

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