

DIH
Spring/Summer
2018

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.

Food Super Heroes Menu



To order meals or for more information visit us at www.mealselector.co.uk, email 73041@compass-group.co.uk or phone 01243 836130. For more information on special diets, please contact westsussexspecialdiets@compass-group.co.uk. To report sickness on the day call by 10:30am on 01243 773239 (messages only).

Week one

16/04 07/05 04/06 25/06 16/07 03/09 24/09 15/10

Monday

Choose a main meal...

Sausages in Gravy & Mashed Potato

on the side...

Green Beans or Beetroot Salad

for dessert...

Fruit Yoghurt with Melon Slices or Fruit Salad

Veggie Sausages in Gravy with Mashed Potato v

Jacket Potato with Baked Beans

Tuesday

Choose a main meal...

Tomato & Basil Pasta v

on the side

Peas & Sweetcorn or Garden Salad

for dessert...

Cheese & Biscuits or Fruit Salad

Veggie Pasta Bolognese v

Jacket Potato with Tuna Mayo

Wednesday

Choose a main meal...

Roast Turkey in Gravy with Roast Potatoes

on the side...

Sliced Carrots & Cabbage

for dessert...

Fruit Yoghurt & Granola or Fruit Salad

Quorn Fillet in Gravy & Roast Potatoes v

Jacket Potato with Cheese & Coleslaw

Thursday

Choose a main meal...

Mexican Lamb & Rice

on the side...

Broccoli or Cucumber Salad

for dessert...

Apple Cake & Custard or Fruit Salad

Stone Baked Veggie Pizza v

Jacket Potato with Tuna Mayo

Friday

Choose a main meal...

Fish Fingers & Mashed Potato

on the side

Peas or Garden Salad

for dessert...

Apricot Shortbread or Fruit Salad

Mediterranean Beans & Rice v

Jacket Potato with Mediterranean Beans

Week two

23/04 14/05 11/06 02/07 23/07 10/09 01/10

Choose a main meal...

Turkey BBQ Meatballs & Rice

on the side...

Green Beans or Beetroot Salad

for dessert...

Fruit Yoghurt with Apple & Orange Slices or Fruit Salad

Veggie BBQ Balls & Rice v

Jacket Potato with Baked Beans

Choose a main meal...

Cheese & Tomato Pizza v

on the side...

Sweetcorn or Garden salad

for dessert... Lemon

Drizzle Cake or Fruit Salad

Vegetable & Tomato Pasta v

Jacket Potato with Cheese

Choose a main meal...

Roast Pork in Gravy with Roast Potatoes

on the side...

Sliced Carrots & Cauliflower

for dessert...

Fruit Yoghurt with Melon Slices or Fruit Salad

Vegetable Bake with Roast Potatoes v

Jacket Potato with Cheese & Coleslaw

Choose a main meal...

Lamb Pasta Bolognese

on the side...

Sliced Cabbage or Cucumber Salad

for dessert...

Chocolate Muffin or Fruit Salad

Cauliflower & Broccoli Bake v

Jacket Potato with Tuna Mayo

Choose a main meal...

Fish & Chips

on the side...

Peas or Garden Salad

for dessert...

Fruit Yoghurt & Granola or Fruit Salad

Vegetable Noodles v

Jacket Potato with Veggie Mince

Week three

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30/04 21/05 18/06 09/07 17/09 08/10

Choose a main meal...

Mexican Chicken & Rice

on the side...

Peas or Beetroot Salad

for dessert...

Raspberry Sponge & Custard or Fruit Salad

Stone Baked Veggie Pizza v

Jacket Potato with Cheese

Choose a main meal...

Macaroni Cheese v

on the side...

Green Beans or Garden Salad

for dessert...

Apricot Shortbread or Fruit Salad

Vegetable Biryani & Rice v

Jacket Potato with Baked Beans

Choose a main meal...

Roast Beef in Gravy with Roast Potatoes

on the side...

Sweetcorn & Spring Cabbage

for dessert...

Fruit Yoghurt & Granola or Fruit Salad

Lentil Roast & Roast Potatoes v

Jacket Potato with Cheese & Coleslaw

Choose a main meal...

Beef Burger in a Bun with Potato Wedges

on the side...

Sliced Carrots or Cucumber Salad

for dessert...

Cheese & Biscuits or Fruit Salad

Veggie Burger in a Bun with Potato Wedges v

Jacket Potato with Salmon Mayo

Choose a main meal...

Fish Fingers & Mashed Potato Vegetable & Butterbean Crumble v

on the side...

Peas or Garden Salad

for dessert...

Fruit Yoghurt with Melon Slices or Fruit Salad

Jacket Potato with Baked Beans

Our chicken and milk are Red 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, 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



We only use Lion Quality British Eggs



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

Bloomer Bread

Available EVERY DAY



All our bananas are FAIRTRADE

