



West Sussex Chartwells Newsletter

January/ February 2020



Pancake Friday
28th February
£2.35

Choose a main meal...
Fish & Chips
or
Omelette & Chips
on the side...
Baked Beans
or Salad
for dessert...
Pancake with Syrup
or Fruit Salad

**Pancake Day orders
now being taken!**

Please place orders by Sunday 16th February at www.mealselector.co.uk, where greater details are displayed.
For more information on special diets please contact westsussexspecialdiets@compass-group.co.uk. Please ensure special diet requests are made 2 weeks prior to the event. Terms and Conditions apply.



Did you know?

We should be eating **5 fruits and vegetables** every day...

Yet, according to the most recent Health Survey for England, the average number of fruits and vegetable portions eaten by children aged 5-15 were 3.2 a day!

Fortunately, *Chartwells meals offer a variety of fruits, vegetables and fruit based desserts*- which all count (and taste great)!

Do you try new, colourful fruits and vegetables?

St Nicolas and St Marys, and London Meed do!

Look out for our Food Superhero banners by Nyewood Infants and St Margaret's in Littlehampton!

If you'd like to have these on your school gates, give us a shout on the email below!

Reception and Year 1 in these schools got stuck into the story 'The Very Hungry Caterpillar' where they learnt how to work out what '1 of their 5-a-day' is, why we need fruit and veg, and tasted new things! We had a plate full of fun.

'We liked it didn't we guys?' – Year 1

'We ate it aaaaall up!' - Year 1

'I liked making caterpillars' – Reception

WANT TO FEATURE IN THE NEXT NEWSLETTER?

If you have something food related you want Chartwells to shout about, tell us!:

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