

Chartwells have been providing tasty and nutritious school lunches in partnership with West Sussex schools since 2006. In addition to great food and service our dedicated nutritionists bring food to life through our Eat Right, Stay Bright nutrition education programme. To find out more about school lunches, visit us at www.mealselector.co.uk and choose West Sussex.

We can adapt our menus to meet special dietary requirements so that school meals can be enjoyed by all children.

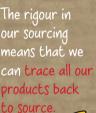
We're proud that all our menus meet or exceed Government food and nutrition standards.

Wherever possible we minimise and eliminate food additives in the school meals we serve.

The rigour in our sourcing means that we can trace all our products back

Our very own team of nutritionists develop all our menus to ensure balanced and healthy choices.

All paid meals to be ordered a full week in advance of the entire week they are required, either online by midnight Sunday or via telephone by 3pm on Friday. Terms and conditions apply. Please see our website or contact us for more information. Menu items are subject to availability. TO ORDER visit www.mealselector.co.uk. To report sickness on the day of your meal booking, please call by 10.30am on 01243 773239 (messages only). For special diet information, please contact westsussexspecialdiets@compass-group.co.uk









**Autumn 2019/** 

Winter 2020 DIH

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## 18/11 09/12 30/12 20/01 10/02 02/03 23/03

Garden neas

for dessert.

Fruit salad

on the side

Green heans

Fruit salad

Seasonal vegetables

Cranberry shortbread

Mixed vegetables

for dessert.

Fruit salad

Honeydew melon

Salad

Chicken & Vegetable Ratatouille & Rice Diced chicken & vegetables in a tomato sauce

with wholegrain rice

Chickpea Ratatouille & Rice V

Chickneas & vegetables in a tomato sauce with wholegrain rice

Jacket Potato with Baked Beans V

Cheese & Tomato Pizza V Stone baked pizza with a traditional topping

Salad Cowboy Pie & Mash Potato V for dessert... Yoghurt & granola

Quorn sausage, baked beans & tomatoes in a BBQ sauce, topped with mash potato

Jacket Potato with Cheese V

Roast Gammon, Roast Potatoes & Gravy Sliced gammon & gravy

Lentil Roast, Roast Potatoes & Gravy V Lentils, sweet potato, chickpeas & tomatoes in a sage & breadcrumb loaf

Jacket Potato with Tuna Mayo

Beef Bolognese

Pasta in a traditional sauce

Week two

## 04/11 25/11 16/12 06/01 27/01 17/02 09/03 30/03

on the side.

Green beans

for dessert

Fruit salad

Garden peas

for dessert...

Farmhouse fruit

slice & custard

on the side.

for dessert...

Fruit salad

Muesli Flapjack

Mixed vegetables

Seasonal vegetables

Yoghurt & granola

hele2

Chicken Casserole

Diced chicken in tomato sauce with long grain

Cheese & Tomato Quiche with Potato Wedges V

Savoury pastry crust served hot with herb coated wedges

Jacket Potato with Baked Beans V

Meatballs & Rice

Beef meatballs in a tomato sauce served with wholegrain rice

Quorn Balls & Rice V

Vegetarian balls in a tomato sauce served with wholegrain rice

Jacket Potato with Tuna Mayo

Roast Turkey, Roast Potatoes & Gravy Sliced turkey & gravy

Butternut Squash & Tomato Gratin V

Butternut squash & Tomatoes with a cheesy breadcrumb topping

Jacket Potato with Cheese V

Cheese & Tomato Pizza V

Stone baked pizza with a traditional topping

Week three 2.35

## 11/11 02/12 23/12 13/01 03/02 24/02 16/03 06/04

Chicken Curry & Rice

Diced chicken in a creamy sauce with wholegrain rice

Boston Bean Casserole V

Beans in a BBQ & tomato sauce with wholegrain rice

Jacket Potato with Cheese V

Chicken Pasta

Diced chicken in a vegetable & tomato sauce with pasta tubes

Sweet Potato & Chickpea Tikka Masala & Rice V

Chunky vegetables in a mild masala sauce & long grain rice

Jacket Potato with Tuna Mayo

Sliced beef & gravy

Quorn Fillet, Roast Potatoes & Gravy V

Cheese & Tomato Pizza V

Stone baked pizza with a traditional topping

on the side...

Salad

Mandarin marble cake Fruit salad

Garden peas

for dessert

on the side. Mixed vegetables

Salad

for dessert. Yoghurt & Fruit slices

Fruit salad

Roast Beef, Roast Potatoes & Gravy

Quorn served with gravy

Jacket Potato with Cheese V

Seasonal vegetables

on the side.

for dessert... Farmhouse fruit slice & custard Fruit salad

Green beans

with various tasty fillings

eat right stay bright

SUPPLIED

BY

BRITISH

for dessert. Cheese & Tomato Pasta V for dessert... Vegetable Pasta Bake V Tomato & Vegetable Pasta V for dessert. Cheese sauce & tomatoes with pasta Yoghurt & Fruit slices Yoghurt & Fruit slices Muesli Flaniack Chunky vegetables & tomatoes in a macaroni Chunky vegetables in a tomato sauce with pasta Fruit salad Fruit salad Jacket Potato with Baked Beans Jacket Potato with Tuna Mayo Jacket Potato with Tuna Mayo in every hot meal Fish Fingers & Chips Fish Fingers & Chips Fish Fingers & Chips on the side. on the side. on the side. Fish fingers in breadcrumbs Garden peas Fish fingers in breadcrumbs Baked beans Fish fingers in breadcrumbs Garden peas SUGAR Salad for dessert for dessert. Quorn & Tomato Tortilla & Chips V Veggie Nuggets & Chips V Quorn Burger in a Bun & Chips V CRACKDOWN Mandarin marble cake Cranberry shortbread Yoghurt & granola Quorn mince in a tomato sauce served with a Breaded Quorn nuggets Quorn burger in a bun with optional ketchup Fruit salad Fruit salad Fruit salad Sugar Jacket Potato with cheese V Jacket Potato with cheese V Jacket Potato with cheese V across all of our desserts since 2016