

Our commitment to healthy eating in our schools

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 to source.**

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

Food Super Heroes Menu



Chartwells
EAT LEARN LIVE

Week one

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

Monday

Chicken & Vegetable Ratatouille & Rice

Diced chicken & vegetables in a tomato sauce with wholegrain rice

on the side...

Garden peas
Salad

for dessert...

Honeydew melon
slices
Fruit salad

Chickpea Ratatouille & Rice V

Chickpeas & 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

on the side...

Green beans
Salad

Cowboy Pie & Mash Potato V

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

for dessert...

Yoghurt & granola
Fruit salad

Jacket Potato with Cheese V

Roast Gammon, Roast Potatoes & Gravy

Sliced gammon & gravy

on the side...

Seasonal vegetables

Lentil Roast, Roast Potatoes & Gravy V

Lentils, sweet potato, chickpeas & tomatoes in a sage & breadcrumb loaf

for dessert...

Cranberry shortbread
Fruit salad

Jacket Potato with Tuna Mayo

Beef Bolognese

Pasta in a traditional sauce

on the side...

Mixed vegetables
Salad

Cheese & Tomato Pasta V

Cheese sauce & tomatoes with pasta

for dessert...

Yoghurt & Fruit slices
Fruit salad

Jacket Potato with Baked Beans

Fish Fingers & Chips

Fish fingers in breadcrumbs

on the side...

Garden peas
Salad

for dessert...

Mandarin marble cake
Fruit salad

Quorn & Tomato Tortilla & Chips V

Quorn mince in a tomato sauce served with a tortilla

Jacket Potato with cheese V

Friday

Week two

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

Chicken Casserole

Diced chicken in tomato sauce with long grain rice

on the side...

Green beans
Salad

Cheese & Tomato Quiche with Potato Wedges V

Savoury pastry crust served hot with herb coated wedges

for dessert...

Yoghurt & granola
Fruit salad

Jacket Potato with Baked Beans V

Meatballs & Rice

Beef meatballs in a tomato sauce served with wholegrain rice

on the side...

Garden peas
Salad

Quorn Balls & Rice V

Vegetarian balls in a tomato sauce served with wholegrain rice

for dessert...

Farmhouse fruit
slice & custard
Fruit salad

Jacket Potato with Tuna Mayo

Roast Turkey, Roast Potatoes & Gravy

Sliced turkey & gravy

on the side...

Seasonal vegetables

Butternut Squash & Tomato Gratin V

Butternut squash & Tomatoes with a cheesy breadcrumb topping

for dessert...

Muesli Flapjack
Fruit salad

Jacket Potato with Cheese V

Cheese & Tomato Pizza V

Stone baked pizza with a traditional topping

on the side...

Mixed vegetables
Salad

Vegetable Pasta Bake V

Chunky vegetables & tomatoes in a macaroni cheese

for dessert...

Yoghurt & Fruit slices
Fruit salad

Jacket Potato with Tuna Mayo

Fish Fingers & Chips

Fish fingers in breadcrumbs

on the side...

Baked beans
Salad

Veggie Nuggets & Chips V

Breaded Quorn nuggets

for dessert...

Cranberry shortbread
Fruit salad

Jacket Potato with cheese V

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

on the side...

Garden peas
Salad

Boston Bean Casserole V

Beans in a BBQ & tomato sauce with wholegrain rice

for dessert...

Mandarin marble cake
Fruit salad

Jacket Potato with Cheese V

Chicken Pasta

Diced chicken in a vegetable & tomato sauce with pasta tubes

on the side...

Mixed vegetables
Salad

Sweet Potato & Chickpea Tikka Masala & Rice V

Chunky vegetables in a mild masala sauce & long grain rice

for dessert...

Yoghurt & Fruit slices
Fruit salad

Jacket Potato with Tuna Mayo

Roast Beef, Roast Potatoes & Gravy

Sliced beef & gravy

on the side...

Seasonal vegetables

Quorn Fillet, Roast Potatoes & Gravy V

Quorn served with gravy

for dessert...

Farmhouse fruit
slice & custard
Fruit salad

Jacket Potato with Cheese V

Cheese & Tomato Pizza V

Stone baked pizza with a traditional topping

on the side...

Green beans
Salad

Tomato & Vegetable Pasta V

Chunky vegetables in a tomato sauce with pasta

for dessert...

Muesli Flapjack
Fruit salad

Jacket Potato with Tuna Mayo

Fish Fingers & Chips

Fish fingers in breadcrumbs

on the side...

Garden peas
Salad

Quorn Burger in a Bun & Chips V

Quorn burger in a bun with optional ketchup

for dessert...

Yoghurt & granola
Fruit salad

Jacket Potato with cheese V

