FREE

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

You could save over **£430*** per child per year

Since September 2014, children in reception and years 1 & 2 are entitled to **FREE school meals** through the Government's 'Universal Infant Free School Meals' initiative.

So who are we? We're Chartwells and are responsible for preparing your children's tasty meals. We love to help children discover and learn about the food they eat, where it comes from and how it's prepared. It's great fun for them and us!

*This saving will depend on the cost of a meal at your school.

We engage with children through fun food activities.

Lovingly prepared, tasty and nutritious school meals.

We are proud to have our own team of registered nutritionists.

If you would like to know more about our school meals, contact:
Di Thomas – Tel: 01872 540544, e-mail: diana.thomas@compass-group.co.uk

Food Super Heroes Menu

Chartwells
EAT LEARN LIVE

Reception, Year 1 & 2 Free
Year 3, 4, 5 & 6 £2.20



If you don't fancy dessert, you can always enjoy fresh fruit or yoghurt

Week one

30/10, 20/11, 11/12, 8/1, 29/1, 26/2, 19/3,

Monday

Vegetable Supreme Pizza
Sweetcorn, Peppers, Cheese and Tomato Pizza with Jacket Wedges, House Coleslaw and Sweetcorn
Borlotti Bean and Mushroom Carbonara (V)
Beans and Mushrooms in a Creamy Sauce with, House Coleslaw and Sweetcorn
Ice Cream Pot and Fresh Fruit Slices

Tuesday

Beef and Vegetable Pie with Suet Crust
Organic Beef and Vegetables Topped with a Suet Crust Pastry Lid with New Potatoes, Gravy, Green Beans and Cauliflower
Vegeballs in Tomato Sauce *(V)*
Vegetarian Meatballs in a Tomato and Basil Sauce, with Green Beans and Cauliflower
Fruit in Jelly

Wednesday

Roast Turkey with Crispy Potatoes
Red Tractor Turkey with Cabbage, Carrots and Gravy
Cheese and Potato Bake *(V)*
Rich Creamy Cheese and Potato Bake with Cabbage and Carrots
Fruity Flapjack with Yoghurt

Thursday

Chinese Chicken
Farm Assured Chicken in a Five Spiced Sauce with Egg Noodles, Broccoli and Sweetcorn
Vegetable Biryani *(V)*
Mild Vegetable Rice Curry, Broccoli and Sweetcorn
Pineapple and Peach Crumble with Custard

Friday

MSC Battered Fish
Crispy Battered Pollock Fillet with Chips, Baked Beans and Garden Peas
Vegetable Chilli *(V)*
Vegetable Chilli with a Jacket Potato, Baked Beans and Garden Peas
Chocolate and Banana Slice



Jacket Potatoes are available every day with a choice of filling

Week two

6/11, 27/11, 18/12, 15/1, 5/2, 5/3, 26/3

Monday

Super Hero Mac 'N' Cheese *(V)*
Macaroni in a Cheddar Cheese Sauce with Broccoli and Crunchy Salad
Boston Bean Casserole *(V)*
BBQ Bean Casserole with Broccoli and Crunchy Salad
Chocolate and Mandarin Sponge with Chocolate Sauce

Tuesday

Bangers with a Mash Mountain
Farm Assured Pork Sausages with Creamy Mashed Potato, Gravy, Garden Peas and Carrots
Vegebangers with Mash Mountain *(V)*
Vegetarian Sausages with Creamy Mash Potato, Gravy, Garden Peas and Carrots
Strawberry Cheesecake

Wednesday

Roast Beef with Crispy Potatoes
Organic Beef with Peas, Cauliflower and Gravy
Quorn Roast with Crispy Potatoes *(V)*
Quorn Roast with Peas, Cauliflower and Gravy
Cheese and Biscuits

Thursday

Beef Mexican Chilli
Organic Beef in a Mild Tomato Sauce with Wholegrain Rice, Sweetcorn and Green Beans
Roasted Cauliflower and Chickpea Korma *(V)*
Vegetables in a Creamy Curry Sauce with Wholegrain Rice, Sweetcorn and Green Beans
Carrot and Pineapple Cake Slice

Friday

MSC Fish Fingers
Golden Cod Fillet Fish Fingers with Chips, Baked Beans and House Coleslaw
Bean and Potato Burrito *(V)*
Mexican Bean in Fajita Seasoning with Chips, Baked Beans and House Coleslaw
Oatie Biscuit with Fruit Slices

Week three

13/11, 4/12, 1/1, 22/1, 19/2, 12/3,

Monday

Sizzling Beef Pizza
Cajun Spiced Organic Beef Pizza with Potato Wedges, Peas and Sweetcorn
Mild Yellow Vegetable Curry *(V)*
Fresh Vegetables in a Mild Curry Sauce with Wholegrain Rice, Peas and Sweetcorn
Strawberry Fro Yoghurt

Tuesday

Marinated Mild Chicken Tikka
Farm Assured Chicken in a Tikka Masala Sauce with Wholegrain Rice, Broccoli and Salad
Cheese and Sweetcorn Quiche *(V)*
Sweetcorn and Cheese in a Shortcrust Pastry Tart with New Potatoes, Broccoli and Salad
Mini Gingerbread Cake with Fresh Fruit

Wednesday

Roast Gammon with Crispy Potatoes
Farm Assured Gammon with Cabbage, Carrots and Gravy
Shepherdess Pie *(V)*
Veggie Mince with a Creamy Mash Top with Cabbage and Carrots
Apple Cracknell with Custard

Thursday

Pasta Bolognaise
Organic Beef in an Italian Tomato Sauce with Wholegrain Pasta, *Green Beans and Sweetcorn*
Chinese Veggie Noodles *(V)*
Vegetable Chow Mein with Egg Noodles, Green Beans and Sweetcorn
Chocolate Sultana Crispie

Friday

MSC Crispy Salmon Fillet
Smartcrumb Salmon Fillet with Chips, Baked Beans and Peas
Veggie Quesadilla *(V)*
Mexican Vegetables in a Tortilla Wrap topped with Cheese with Chips, Baked Beans and Peas
Shortbread Biscuits with Fruit

Our dishes contain increased levels of:

- Fruit & Vegetables
- Pulses & Wholegrains

to ensure a nutritious, balanced meal everyday.



There is a vegetarian choice every day... and don't forget that salad is available daily.

- Fresh baked bread available everyday

Our Suppliers provide the freshest local ingredients:

- Scorse Butchers
- Trewithen Dairy
- Proper Cornish



Keep yourself topped up with water – it will help you concentrate all day long.

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