

# FREE

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

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

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.

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.

## Food

# Super Heroes

## Menu

**Chartwells**  
EAT LEARN LIVE

CHAR\_ELA\_LFAS\_006083

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](mailto:diana.thomas@compass-group.co.uk)



## Week one

11/9, 2/10

Monday

### Pasta Pack's Beef Bolognese

Organic Beef in an Italian Tomato Sauce with Wholegrain Pasta, Salad and Garden Peas

### Mega Mozzarella and Tomato Pizza (V)

Cheese and Tomato Pizza with Potato Wedges, Salad and Garden Peas

### Silvertop's Yoghurt with Peach Compote

Tuesday

### Beef Pie

Organic Beef and Onions Topped with a Shortcrust Pastry Lid with New Potatoes, Gravy, Green Beans and Roasted Vegetables

### Pasta Pack's Neapolitan Cheesy Pasta (V)

Pasta in a Tomato Sauce topped with Cheese, with Green Beans and Roasted Vegetables

### Apple Cake with Custard

Wednesday

### Roast Turkey with Bud's Crispy Spuds

Red Tractor Turkey with Cabbage, Carrots and Gravy

### Super Quorn Roast with Bud's Crispy Spuds (V)

with Cabbage, Carrots and Gravy

### Berry Chill

Thursday

### BBQ Chicken

Red Tractor Chicken Thigh in a Smokey Barbeque Sauce with Sweet Potato Mash, Coleslaw and Sweetcorn

### Mexican Vegetable Chilli (V)

Vegetables in a Mild Tomato Sauce with Wholegrain Rice, Coleslaw and Sweetcorn Oat Cookie

Friday

### MSC Battered Fish

Crispy Battered Pollock Fillet with Chips, Baked Beans and Garden Peas

### Vegetable Curry and Chickpea Wrap (V)

Tortilla Wrap filled with Curried Vegetables and Chickpeas with Chips, Baked Beans and Garden Peas

### Chocolate and Mandarin Sponge with Chocolate Sauce

Available everyday:

- Fresh salad bar
- Fresh baked bread
- Fresh fruit and Yoghurt
- Jacket Potatoes with a choice of fillings

Our menus are Gold FFL accredited and include:

- Fresh Organic Beef
- Fresh Free Range Pork
- Fresh Red Tractor Chicken
- Farm Assured Sausages and Burgers
- Free Range Eggs
- MSC Fish – Sustainably Sourced Fish

## Week two

18/9, 9/10

Monday

### Pasta Packs' VegeBalls (V)

Vegetarian Meatballs in a Tomato and Basil Sauce with Wholegrain Pasta, Salad and Broccoli

### Super Hero Mac 'N' Cheese (V)

Macaroni in a Cheddar Cheese Sauce with Salad and Broccoli

### Strawberry Frozen Yoghurt

Tuesday

### Bangers with a Mash Mountain

Farm Assured Pork Sausages with Creamy Mashed Potato, Gravy, Garden Peas and Baked Beans

### Sweet Potato Gumbo (V)

Cajun Spiced Southern Stew with Rice and Peas, Baked Beans and Garden Peas

### Berry Flapjack

Wednesday

### Roast Beef with Bud's Crispy Spuds

Organic Beef with Carrots, Green Beans and Gravy

### Bean and Chive Frittata with Bud's Crispy Spuds (V)

Italian Style Soya Bean Omelette with Carrots and Green Beans

### Mini Chocolate Brownie with Fresh Banana Slices

Thursday

### Beef Mexican Chilli

Organic Beef in a Mild Tomato Sauce with Wholegrain Rice, Sweetcorn and Broccoli

### VegeBangers with a Mash Mountain (V)

Vegetarian Sausages with Creamy Mashed Potato, Gravy, Sweetcorn and Broccoli

### Pineapple Upside Down Cake and Custard

Friday

### MSC Fish Fingers

Golden Cod Fillet Fish Fingers with Chips, Garden Peas and Salad

### Vegetable Lasagne (V)

Layers of Pasta and Vegetables Topped with a Cheesy Sauce with Garden Peas and Salad

### Jelly and Ice Cream



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

Our dishes contain increased levels of:

- Fruit & Vegetables
  - Pulses & Wholegrains
- to ensure a nutritious, balanced meal everyday.

## Week three

4/9, 25/9, 16/10

Monday

### Sizzling Beef Pizza

Cajun Spiced Organic Beef Pizza with Potato Wedges, Broccoli and Sweetcorn

### Pasta Packs' Tomato and Basil Pasta Bake (V)

Wholemeal Pasta in a Rich Tomato and Basil Sauce with Broccoli and Sweetcorn

### Silvertop's Cool Ice Cream Pot

Tuesday

### Chunky Chicken Bite

Farm Assured Chicken Thigh Baked in Breadcrumbs with Pasta Salad, Green Beans and Coleslaw

### Cheese and Red Onion Quiche (V)

Sweet Red Onion and Cheese in a Shortcrust Pastry Tart with Pasta Salad, Green Beans and Coleslaw

### Raspberry Ripple Cake

Wednesday

### Roast Gammon with Bud's Crispy Spuds

Free Range Gammon with Cabbage, Carrots and Gravy

### Cheesy Baked Bean Bubble and Squeak (V)

Cheesy Potato, Onion, Cabbage and Baked Bean Mash with Cabbage and Carrots

### Chocolate Fruity Crispy

Thursday

### Beef Lasagne

Organic Beef in a Tomato Sauce with Layers of Pasta and White Sauce with Garlic and Herb Bread, Garden Peas and Salad

### Roasted Cauliflower and Chickpea Korma (V)

Vegetables in a Creamy Curry Sauce with Basmati Rice, Garden Peas and Salad Custard Biscuit with Fresh Fruit Slices

Friday

### MSC Crispy Fish Fillet

Smartcrumb Salmon Fillet or Cod Fish Fingers with Chips, Baked Beans and Sweetcorn

### BBQ Quorn and Bean Wrap (V)

Tortilla Wrap Filled with a Quorn Fillet and Red Kidney Beans in a Smokey Sauce with Chips, Baked Beans and Sweetcorn

### Apple Crumble and Custard

Our Suppliers provide the freshest local ingredients:

- Westcountry Fruit and Vegetables
- Scorse Butchers
- Trewithen Dairy
- Proper Cornish

Reception, Year 1 & 2 Free  
Year 3, 4, 5 & 6 £2.30

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

