



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.

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.

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

Food

# Super Heroes

Menu



  
**Chartwells**  
EAT LEARN LIVE



## 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

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



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

## 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

### MSC Battered Fish

Crispy Battered Pollock Fillet with Potato Wedges, Garden Peas and Baked Beans

### Vegebangers with Mash Mountain (V)

Vegetarian Sausages with Creamy Mash Potato, Gravy, Garden Peas and Baked Beans

### Strawberry Cheesecake

Wednesday

### Roast Beef with Crispy Potatoes

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

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

### Sausages and Chips

Farm Assured Pork Sausages 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



Jacket Potatoes are available every day with a choice of filling

## Week three

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

Monday

### Sizzling Beef Pizza

Cajun Spiced 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

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 Bolognese

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:

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

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

