

Spring/Summer
2019

FREE

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

You could
save over
£400*
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!

Lovingly prepared,
tasty and nutritious
school meals.

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

Food

Super
Heroes

Menu

Chartwells
EAT LEARN LIVE

Week one

03/06 24/06 15/07 02/09 23/09 14/10

Monday

Choose a main meal...

Chicken Tikka Masala & Rice** (M) (H)
Tomato & Mozzarella Pizza** (V)
Jacket Potato with a Choice of Fillings (A)
Filled Sandwich (PL)

on the side...

Sweetcorn
Broccoli
for dessert...
Mango Frozen Yoghurt

Tuesday

Choose a main meal...

Chicken, Pea & Potato Bake (M) (H)
Vegetable Pasta Bolognese** (V)
Jacket Potato with a Choice of Fillings (A)
Filled Sandwich (PL)

on the side...

Green Beans
Mediterranean Vegetables
for dessert...
Pear Upside Down Cake & Custard

Wednesday

Choose a main meal...

Roast Chicken with Roast Potatoes and Gravy (M) (H)
Sweet Potato and Chickpea Roast & Roast Potatoes & Gravy (V)
Jacket Potato with a Choice of Fillings (A)
Filled Sandwich (PL)

on the side...

Cabbage
Carrots
for dessert...
Flapjack with Fruit Slices

Thursday

Choose a main meal...

BBQ Chicken Meatballs served with Pasta** (H)
Sweetcorn Tortilla Pie with Rice** (V)
Jacket Potato with a Choice of Fillings (A)
Filled Sandwich (PL)

on the side...

Garden Peas
Seasonal Vegetables
for dessert...
Brownie Cake

Friday

Choose a main meal...

Salmon Fish Fingers & Chips (M)
Quorn Dippers with Chips (V)
Jacket Potato with a Choice of Fillings (A)
Filled Sandwich (PL)

on the side...

Sweetcorn
Baked Beans
for dessert...
Berry Chill

Week two

10/06 01/07 22/07 09/09 30/09

Choose a main meal...

Chinese Chicken Noodles (M) (H)
Tomato & Mozzarella Pizza** (V)
Jacket Potato with a Choice of Fillings (A)
Filled Sandwich (PL)

on the side...

Garden Peas
Crunchy Coleslaw
for dessert...
Chocolate Sponge Cake with Custard

Choose a main meal...

Chicken Sausages with Creamed Potatoes (M) (H)
Vegetarian Sausages with Creamed Potatoes (V)
Jacket Potato with a Choice of Fillings (A)
Filled Sandwich (PL)

on the side...

Roasted Peppers and Sweetcorn
Baked Beans
for dessert...
Strawberry Sponge Swirl

Choose a main meal...

Roast Turkey with Roast Potatoes & Gravy (M) (H)
Cauliflower & Creamed Corn Bake with Roast Potatoes (V)
Jacket Potato with a Choice of Fillings (A)
Filled Sandwich (PL)

on the side...

Cabbage
Carrots
for dessert...
Oatie Biscuit with Fruit Slices

Choose a main meal...

Beef Pasta Bolognese** (M) (H)
Mild Chickpea Curry & Rice** (V)
Jacket Potato with a Choice of Fillings (A)
Filled Sandwich (PL)

on the side...

Broccoli
Sweetcorn
for dessert...
Apple & Carrot Slice

Choose a main meal...

Crispy Fish with Chips (M)
Baked Bean & Cheese Quesadilla with Chips (V)
Jacket Potato with a Choice of Fillings (A)
Filled Sandwich (PL)

on the side...

Garden Peas
Tomato & Cucumber Salad
for dessert...
Cheese & Biscuits

Week three

17/06 08/07 16/09 07/10

Choose a main meal...

Beef Chilli Tortilla Wrap (M) (H)
Tomato & Mozzarella Pizza** (V)
Jacket Potato with a Choice of Fillings (A)
Filled Sandwich (PL)

on the side...

Broccoli
Carrots
for dessert...
Peach Slice

Choose a main meal...

Chicken & Sweetcorn Pie (M) (H)
Shepherdess Pie (V)
Jacket Potato with a Choice of Fillings (A)
Filled Sandwich (PL)

on the side...

Peas
Mediterranean Vegetables
for dessert...
Lemon Drizzle Cake

Choose a main meal...

Roast Chicken with Roast Potatoes & Gravy (M) (H)
Quorn Roast with Roast Potatoes & Gravy (V)
Jacket Potato with a Choice of Fillings (A)
Filled Sandwich (PL)

on the side...

Cabbage
Carrot
for dessert...
Blueberry Frozen Yoghurt

Choose a main meal...

Beef Burger and Jacket Wedges (M) (H)
Mac 'N' Cheese (V)
Jacket Potato with a Choice of Fillings (A)
Filled Sandwich (PL)

on the side...

Roasted Summer Vegetable Medley
Sweetcorn
for dessert...
Apple and Berry Crumble & Custard

Choose a main meal...

Golden Fish Fingers with Chips (M)
Veggie Hotdog with Chips (V)
Jacket Potato with a Choice of Fillings (A)
Filled Sandwich (PL)

on the side...

Baked Beans
Garden Peas
for dessert...
Chocolate Shortbread with Fruit Slices

All our milk is Red Tractor approved



WE BUY **95%** of our seasonal vegetables direct from British growers



ALL OUR BEEF is from THE UK OR IRELAND

FRESH SALAD

IS AVAILABLE ON A DAILY BASIS

REDUCING OUR CARBON FOOTPRINT OVER **30%** of our products are transported by vehicles that run on biodiesel

ALL OUR BREAD IS

FRESHLY BAKED EVERY DAY



All our bananas are FAIRTRADE



WE SUPPORT **82** BRITISH DAIRY FARMS



We only use Lion Quality British Eggs



FARM TO FORK

We can trace every cut of meat back to the farms of origin

Chartwells Spring Summer Menu 2019

M= Main, V= Vegetarian, A= Alternative, **= Wholegrain, H= Halal, PL= Packed Lunch
Jacket Potato Fillings - Cheese, Baked Beans, Tuna. Sandwich Fillings - Ham, Cheese, Tuna