

## Week one

Monday

16/04 07/05 04/06 25/06 16/07 03/09 24/09 15/10

**Choose a main meal...**  
Pork Sausages  
Veggie Sausages  
Jacket Potato with Cheese

**on the side...**  
Mashed Potato & Gravy  
Seasonal Veg

**for dessert...**  
Fiery Ginger & Orange Cake  
Fresh Fruit

Tuesday

**Choose a main meal...**  
Creamy Tomato & Basil Pasta  
Veggie Bolognese & Pasta  
Jacket Potato with Baked Beans

**on the side...**  
Seasonal Veg

**for dessert...**  
Chocolate Cookie  
Fresh Fruit

Wednesday

**Choose a main meal...**  
Roast Turkey  
Quorn Fillet  
Jacket Potato with Tuna Mayo

**on the side...**  
Roast Potatoes & Gravy  
Seasonal Veg

**for dessert...**  
Muller Yoghurt  
Fresh Fruit

Thursday

**Choose a main meal...**  
Mexican Savoury Lamb & Rice  
Cheese & Tomato Stone Baked Pizza  
Jacket Potato with Baked Beans

**on the side...**  
Salad

**for dessert...**  
Peach Crumble with Custard  
Fresh Fruit

Friday

**Choose a main meal...**  
Golden Fish Finger & Chips  
Veggie Nuggets & Chips  
Jacket Potato with Cheese

**on the side...**  
Season Veg

**for dessert...**  
Chocolate & Pear Sponge  
Fresh Fruit

## Week two

24/04 14/05 11/06 02/07 23/07 10/09 01/10 22/10

**Choose a main meal...**  
Turkey Meatballs in BBQ Sauce  
Veggie Meatballs in BBQ Sauce  
Jacket Potato with Cheese

**on the side...**  
Wholemeal Rice  
Seasonal Veg

**for dessert...**  
St Clement Cookie  
Fresh Fruit

**Choose a main meal...**  
Cheese & Tomato Stone Baked Pizza  
Tomato, Vegetable & Herby Pasta  
Jacket Potato with Baked Beans

**on the side...**  
Salad  
Seasonal Veg

**for dessert...**  
Chocolate Orange Cake with Custard  
Fresh Fruit

**Choose a main meal...**  
Roast Pork  
Veggie Loaf  
Jacket Potato with Tuna Mayo

**on the side...**  
Roast Potatoes & Gravy  
Seasonal Veg

**for dessert...**  
Flapjack  
Fresh Fruit

**Choose a main meal...**  
Pasta Bolognese  
Cauliflower & Broccoli Cheese Bake  
Jacket Potato with Baked Beans

**on the side...**  
Salad  
Seasonal Veg

**for dessert...**  
Muller Yoghurt  
Fresh Fruit

**Choose a main meal...**  
Crispy Battered Fish & Chips  
Quorn Sausage & Chips  
Jacket Potato with Cheese

**on the side...**  
Seasonal Veg

**for dessert...**  
Fruit & Jelly  
Fresh Fruit

## Week three

30/04 21/05 18/06 09/07 17/09 08/10

**Choose a main meal...**  
Mexican Chicken & Rice  
Cheese & Tomato Stone Baked Pizza  
Jacket Potato with Cheese

**on the side...**  
Salad  
Seasonal Veg

**for dessert...**  
Raisin & Apple Flapjack  
Fresh Fruit

**Choose a main meal...**  
Mac 'N' Cheese  
Vegetable Biryani & Rice  
Jacket Potato with Baked Beans

**on the side...**  
Seasonal Veg

**for dessert...**  
Muller Yoghurt  
Fresh Fruit

**Choose a main meal...**  
Roast Beef  
Lentil Roast  
Jacket Potato with Tuna Mayo

**on the side...**  
Roast Potatoes & Gravy  
Seasonal Veg

**for dessert...**  
Pancake with Cinnamon & Apple Compote  
Fresh Fruit

**Choose a main meal...**  
Beef Burger in a Bun  
Crispy Vegetable Burger  
Jacket Potato with Baked Beans

**on the side...**  
Wedges  
Salad

**for dessert...**  
Chocolate Brownie with Custard  
Fresh Fruit

**Choose a main meal...**  
Golden Fish Finger & Chips  
Roasted Vegetable & Butterbean Crumble  
Jacket Potato with Cheese

**on the side...**  
Seasonal Veg

**for dessert...**  
Tutti-Frutti Cake  
Fresh Fruit

Our chicken and milk are Red Tractor approved



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



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

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If your child receives or needs a special diet or allergen menu, please speak to your catering manager or contact us  
For details on how to claim free school meals, please speak to your catering manager or contact us  
We have a fresh salad bar available daily

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

ALL OUR BREAD IS FRESHLY BAKED EVERY DAY

ALL OUR BANANAS ARE FAIRTRADE



Our commitment to  
**healthy eating**  
in our schools

Our commitment to healthy eating in our schools is still as strong as ever. We go a long way to ensure that children eat well and understand the importance of a healthy diet and lifestyle.

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.**

Spring/Summer  
2018

# Food Super Heroes Menu



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Chartwells  
EAT LEARN LIVE