

Our commitment to healthy eating in our schools

Chartwells have been providing tasty and nutritious school lunches in partnership with West Sussex schools since 2006. In addition to great food and service our dedicated nutritionists bring food to life through our Eat Right, Stay Bright nutrition education programme. To find out more about school lunches, visit us at www.mealselector.co.uk and choose West Sussex.

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.**

All paid meals to be ordered a full week in advance of the entire week they are required, either online by midnight Sunday or via telephone by 3pm on Friday. Terms and conditions apply. Please see our website or contact us for more information. Menu items are subject to availability. TO ORDER visit www.mealselector.co.uk. To report sickness on the day of your meal booking, please call by 10.30am on 01243 773239 (messages only). For special diet information, please contact westsussexspecialdiets@compass-group.co.uk

Autumn 2019/
Winter 2020
Steam WS

Food Super Heroes Menu



Week one

04/11 25/11 16/12 06/01 27/01 17/02 09/03 30/03

Monday

Beef Pasta Bolognese

Fusilli pasta in a traditional beef sauce

on the side...

Garden peas
Salad

Bean, Potato & Lentil Hotpot (vg)

Served in a rich tomato sauce with diced potatoes

for dessert...

Honeydew melon
slices
Fruit salad

Jacket Potato with Cheese V

Tuesday

Chicken Korma & Rice

Diced chicken in a mild korma sauce with wholegrain rice

on the side...

Green beans
Salad

Cheese & Sweetcorn Pasta V

Cheese sauce, sweetcorn & broccoli with pasta tubes

for dessert...

Yoghurt & granola
Fruit salad

Jacket Potato with Baked Beans V

Wednesday

Roast Ham in Gravy with Roast Potatoes

Sliced ham in gravy

on the side...

Seasonal vegetables

Quorn Sausage in Gravy with Roast Potatoes V

Vegetarian sausage in vegetarian gravy

for dessert...

Cranberry shortbread
Fruit salad

Jacket Potato with Cheese V

Thursday

Cheese & Tomato Pasta V

Cheese sauce & tomatoes with fusilli pasta

on the side...

Mixed vegetables
Salad

Butternut Squash & Chickpea Curry & Rice (vg)

Chunky vegetables in a mild korma sauce

for dessert...

Yoghurt & Fruit slices
Fruit salad

Jacket Potato with Tuna Mayo

Friday

Fish & Chips

Traditional battered fish fillet

on the side...

Garden peas
Salad

Quorn Burger in a Bun & Chips V

Quorn patty in a bun with optional ketchup

for dessert...

Mandarin marble cake
Fruit salad

Jacket Potato with Cheese V

Week two

11/11 02/12 23/12 13/01 03/02 24/02 16/03 06/04

Macaroni Cheese V

Traditional cheese sauce with macaroni

on the side...

Green beans
Salad

Salmon Paella

Diced salmon in a vegetable wholegrain rice paella

for dessert...

Yoghurt & granola
Fruit salad

Jacket Potato with Baked Beans V

Sausages, Mash & Gravy

Pork & Beef sausages in gravy with mash potato

on the side...

Garden peas
Salad

Veggie Pasta Bolognese V

Fusilli pasta with a vegetarian bolognese sauce

for dessert...

Farmhouse fruit
slice & custard
Fruit salad

Jacket Potato with Tuna Mayo

Roast Chicken in Gravy with Roast Potatoes

Chicken breast fillet in gravy

on the side...

Seasonal vegetables

Quorn Balls in Gravy with Roast Potatoes V

Vegetarian balls in vegetarian gravy

for dessert...

Muesli Flapjack
Fruit salad

Jacket Potato with Cheese V

Cheese & Tomato Pizza V

Deep pan pizza with a cheese & tomato topping

on the side...

Mixed vegetables
Salad

Savoury Mince Beef & Mash

A rich beef mince with mash potato

for dessert...

Yoghurt & Fruit slices
Fruit salad

Jacket Potato with Tuna Mayo

Fish & Chips

Traditional battered fish fillet

on the side...

Baked beans
Salad

Omelette & Chips V

Traditional omelette, back by popular request

for dessert...

Cranberry shortbread
Fruit salad

Jacket Potato with Cheese V

Week three

£2.35

18/11 09/12 30/12 20/01 10/02 02/03 23/03 13/04

Chicken Tikka & Rice

Diced chicken in a mild tikka sauce

on the side...

Garden peas
Salad

Quorn Sausage & Bean Hotpot with Diced Potatoes V

Quorn sausage & mixed beans in a tomato sauce

for dessert...

Mandarin marble cake
Fruit salad

Jacket Potato with Cheese V

Macaroni Cheese V

Traditional cheese sauce with macaroni

on the side...

Mixed vegetables
Salad

Cauliflower, Lentil & Sweet Potato Masala & Rice (vg)

Chunky vegetables in a mild masala sauce & wholegrain rice

for dessert...

Yoghurt & Fruit slices
Fruit salad

Jacket Potato with Tuna Mayo

Roast Beef in Gravy with Roast Potatoes

Sliced beef & gravy

on the side...

Seasonal vegetables

Quorn Sausage in Gravy with Roast Potatoes V

Vegetarian sausage in vegetarian gravy

for dessert...

Farmhouse fruit
slice & custard
Fruit salad

Jacket Potato with Cheese V

Cheese & Tomato Pizza V

Deep pan pizza with a cheese & tomato topping

on the side...

Green beans
Salad

Ham & Sweetcorn Pasta

Chunky ham in a white sauce with pasta & sweetcorn

for dessert...

Muesli Flapjack
Fruit salad

Jacket Potato with Tuna Mayo

Fish & Chips

Traditional battered fish fillet

on the side...

Garden peas
Salad

Quorn Burger in a Bun & Chips V

Quorn patty in a bun with optional ketchup

for dessert...

Yoghurt & granola
Fruit salad

Jacket Potato with Cheese V

