

Week one

Monday

30/10 20/11 11/12 01/01 22/01 05/03 26/03

Choose a main meal... on the side...
 Chicken Korma & Rice Sweetcorn
 Vegetarian Hotpot ✓ for dessert...
 Jacket Potato with Filling Fruity Yoghurt with a Crunchy Twist
 Fruit Salad

Tuesday

Choose a main meal... on the side...
 Beef Stew & Dumplings Rainbow Vegetables
 Beany Pasta ✓ for dessert...
 Jacket Potato with Filling Pineapple Upside Down Cake & Custard
 Yoghurt or Fruit

Wednesday

Choose a main meal... on the side...
 Roast Ham Slices in Gravy with Roast Potatoes Green Vegetable Medley
 Cauliflower & Sweetcorn Bake ✓ for dessert...
 Jacket Potato with Filling Yoghurt & Melon Slices
 Fruit Salad

Thursday

Choose a main meal... on the side...
 Cheese & Tomato Wholegrain Pizza ✓ Peas & Sweetcorn
 Salmon Paella for dessert...
 Jacket Potato with Filling Apricot Shortbread
 Yoghurt or Fruit

Friday

Choose a main meal... on the side...
 Fish & Chips Baked Beans or Salad
 Quorn Burger in a Bun & Chips ✓ for dessert...
 Jacket Potato with Filling Yoghurt with Apple & Grapes
 Fresh Fruit

Week two

06/11 27/11 18/12 08/01 29/01 19/02 12/03

Choose a main meal... on the side...
 Mild Beef Chilli & Wholegrain Rice Green Vegetable Medley
 Veggie Sausage & Bean Casserole ✓ for dessert...
 Jacket Potato with Filling Chocolate Muffin
 Yoghurt or Fruit

Choose a main meal... on the side...
 Cheese & Tomato Pasta ✓ Peas & Sweetcorn
 Butternut Squash & Chickpea Curry with Rice ✓ for dessert...
 Jacket Potato with Filling Crunchy Red Berry Yoghurt
 Fruit Salad

Choose a main meal... on the side...
 Roast Chicken in Gravy with Roast Potatoes Carrots
 Quorn Fillet in Gravy with Roast Potatoes ✓ for dessert...
 Jacket Potato with Filling Oat Cookie
 Yoghurt or Fruit

Choose a main meal... on the side...
 Burger in a Bun with Salad Peas
 Veggie Pasta Bolognese ✓ for dessert...
 Jacket Potato with Filling Yoghurt & Melon Slices
 Fruit Salad

Choose a main meal... on the side...
 Fish & Chips Baked Beans or Salad
 Free Range Omelette & Chips ✓ for dessert...
 Jacket Potato with Filling Mandarin Drizzle Sponge
 Yoghurt or Fruit

Week three

£2.30

13/11 04/12 15/01 05/02 26/02 19/03

Choose a main meal... on the side...
 Sausages in Gravy & Mash Potato Peas
 Veggie Shepherd's Pie ✓ for dessert...
 Jacket Potato with Filling Yoghurt with Sliced Orange & Grapes
 Fruit Salad

Choose a main meal... on the side...
 Mild Chicken Tikka Masala & Rice Carrots & Sweetcorn
 Creamy Pesto Pasta ✓ for dessert...
 Jacket Potato with Filling Cheese & Crackers
 Yoghurt or Fruit

Choose a main meal... on the side...
 Slow Cooked Shredded Beef in Gravy & Roast Potatoes Green Vegetable Medley
 Quorn Sausage in Gravy & Roast Potatoes ✓ for dessert...
 Jacket Potato with Filling Mandarin Yoghurt Pot
 Yoghurt or Fruit

Choose a main meal... on the side...
 Macaroni Cheese ✓ Peas
 Mild Bean Chilli & Wholegrain Rice ✓ for dessert...
 Jacket Potato with Filling Toffee & Apple Muffin
 Yoghurt or Fruit

Choose a main meal... on the side...
 Fish & Chips Baked Beans or Salad
 Quorn Burger in a Bun & Chips ✓ for dessert...
 Jacket Potato with Filling Yoghurt with Orange & Apple Slices
 Fruit Salad

Our chicken and milk are 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

Chilled water, milk, salad and bread are available daily.
 All paid meals to be ordered one full week in advance of the entire week they are required, either online by midnight Sunday or via telephone by 3pm Friday.
 Terms and Conditions apply. Please see our website or contact us for more information. Menu is subject to availability.



WE SUPPORT 82 BRITISH DAIRY FARMS



All Eggs used are British Free Range

FARM TO FORK We can trace every cut of meat back to the British farms of origin

Bloomer Bread AVAILABLE EVERY DAY

FAIRTRADE All our bananas are FAIRTRADE



Autumn/Winter
2017/2018
Steamplicity

FREE

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

You could
save over
£430.00*
per child, per year

We engage
with children
through fun
food activities.

Welcome to the West Sussex
School menu. As well as having
some exciting new meals to try,
our executive chefs have been
listening to our young customers
and updating some of our
traditional favourites.
In addition to providing tasty and
nutritious food you can also be
safe in the knowledge that it is
sustainably sourced with meat
from British quality assured farms,
fish from sustainable fisheries and
all our eggs are free range and
Fairtrade products used when
possible

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

To order meals or for more information visit us at www.mealselector.co.uk,
email 73041@compass-group.co.uk or phone 01243 836130.
For more information on special diets, please contact westsussexspecialdiets@compass-group.co.uk.
To report sickness on the day call by 10:30am on 01243 773239 (messages only).