

Autumn/Winter
2018/2019

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.

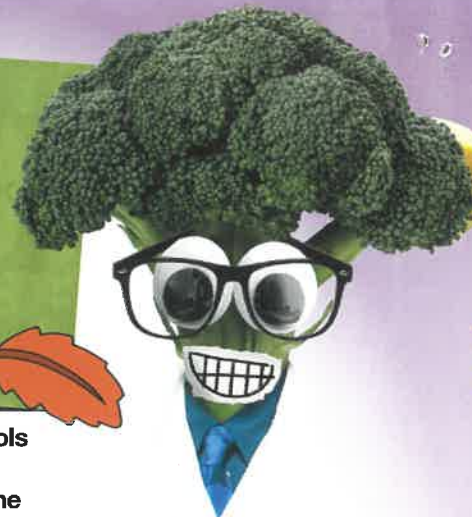
We can adapt our menus to meet **special dietary requirements** so that school meals can be enjoyed by all children.

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**.



Food Super Heroes Menu



For any queries please contact chartwellsenquires@compass-group.co.uk

Week one

05/11 26/11 27/12 21/01 11/02 11/03 01/04

Monday
 Choose a main meal...
 Mozzarella & Tomato PIZZA** v with Pasta Salad**
 Bean Burger in a Bun v
 A Selection of Sandwiches & Loaded Jacket Potatoes
for dessert...
 Flapjack with Fruit Slices*

Tuesday
 Choose a main meal...
 Chicken Filler in a Bun with Jacket Wedges
 Roasted Vegetables
 Fresh Seasonal Salad Bar
for dessert...
 Crunchy Plum Crumble* with Custard

Wednesday
 Choose a main meal...
 Roast Turkey with Roast Potatoes & Gravy
 Green Beans, Carrot Batons
 Fresh Seasonal Salad Bar
for dessert...
 Chocolate Ice Cream with Mandarin Segments*

Thursday
 Choose a main meal...
 Mexican Beef
 Sweetcorn, Broccoli
 Fresh Seasonal Salad Bar
for dessert...
 Brownie Cake with Banana*

Friday
 Choose a main meal...
 Crispy Fish & Chips
 Quom Dippers v with Chips
 A Selection of Sandwiches & Loaded Jacket Potatoes
for dessert...
 Lemon Shortbread with Fruit Slices*

Week two

12/11 03/12 07/01 28/01 25/02 18/03 08/04

Choose a main meal...
 Mozzarella & Tomato PIZZA** v with Pasta Salad**
 Sweetcorn, Peas
 Fresh Seasonal Salad Bar
for dessert...
 Baked Bean & Cheese Wrap v
 A Selection of Sandwiches & Loaded Jacket Potatoes

Choose a main meal...
 Chicken & Sweetcorn Pie with Creamy Mashed Potato
 Roasted Vegetables
 Fresh Seasonal Salad Bar
for dessert...
 Orange & Lemon Sponge Cake with Fruit Slices*

Choose a main meal...
 Roast Pork with Roast Potatoes & Gravy
 Broccoli, Carrot Batons
 Fresh Seasonal Salad Bar
for dessert...
 Quom Roast v with Roast Potatoes & Gravy
 Cheese & Potato Bake v with Roast Potatoes

Choose a main meal...
 Beef Burger with Potato Wedges
 Fresh Seasonal Salad Bar
for dessert...
 Vegetarian Tagine v (Moroccan Style Vegetable Casserole) with Rice**
 Apple & Berry Crumble* with Custard

Choose a main meal...
 Golden Cod Fillet Fish Fingers & Chips
 Peas, Carrot Batons & Baked Beans
 Quom Burger v with Chips
 Fresh Seasonal Salad Bar
for dessert...
 A Selection of Sandwiches & Loaded Jacket Potatoes

Week three

19/11 10/12 14/01 04/02 04/03 25/03

Choose a main meal...
 Mozzarella & Tomato PIZZA** v with Jacket Wedges
 Green Beans, Sweetcorn
 Fresh Seasonal Salad Bar
for dessert...
 Strawberry Ice Cream with Fruit Slices*

Choose a main meal...
 Pork Sausages with Creamy Mashed Potato
 Vegetable Lasagne** v
 A Selection of Sandwiches & Loaded Jacket Potatoes
for dessert...
 Raspberry Ripple Cake with Fruit Slices*

Choose a main meal...
 Roast Turkey with Roast Potatoes & Gravy
 Seasonal Cabbage, Carrot Batons
 Fresh Seasonal Salad Bar
for dessert...
 Quom Roast v with Roast Potatoes & Gravy
 A Selection of Sandwiches & Loaded Jacket Potatoes

Choose a main meal...
 Beef Lasagne with a Garlic & Herb Bread Wedge
 Fresh Seasonal Salad Bar
for dessert...
 Vegetable Komar v with Rice**
 A Selection of Sandwiches & Loaded Jacket Potatoes

Choose a main meal...
 Golden Cod or Crispy Salmon*** Fillet Fish Fingers with Chips
 Peas, Carrot Batons & Baked Beans
 Fresh Seasonal Salad Bar
for dessert...
 Quom Sausage & Tomato Pasta Bake v
 A Selection of Sandwiches & Loaded Jacket Potatoes



*Self serve Salad Bar available to accompany main meal and Fresh Home Baked Breads available throughout the week.
 **Fresh Fruit & Yoghurt and a choice of Organic Milk, Fruit Juices & Cool Water served daily.
 ***Fruit Based **Wholegrain ***Oily Fish (v) Vegetarian. LOOK OUT FOR OUR EXCITING THEME DAY PROMOTIONS!

WE SUPPORT 82 BRITISH DAIRY FARMS



We only use British Quality Lion Quality 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



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

IS AVAILABLE ON A DAILY BASIS

FRESH SALAD

ALL OUR BEEF IS FROM THE UK OR IRELAND

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



All our milk is Red Tractor approved