

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

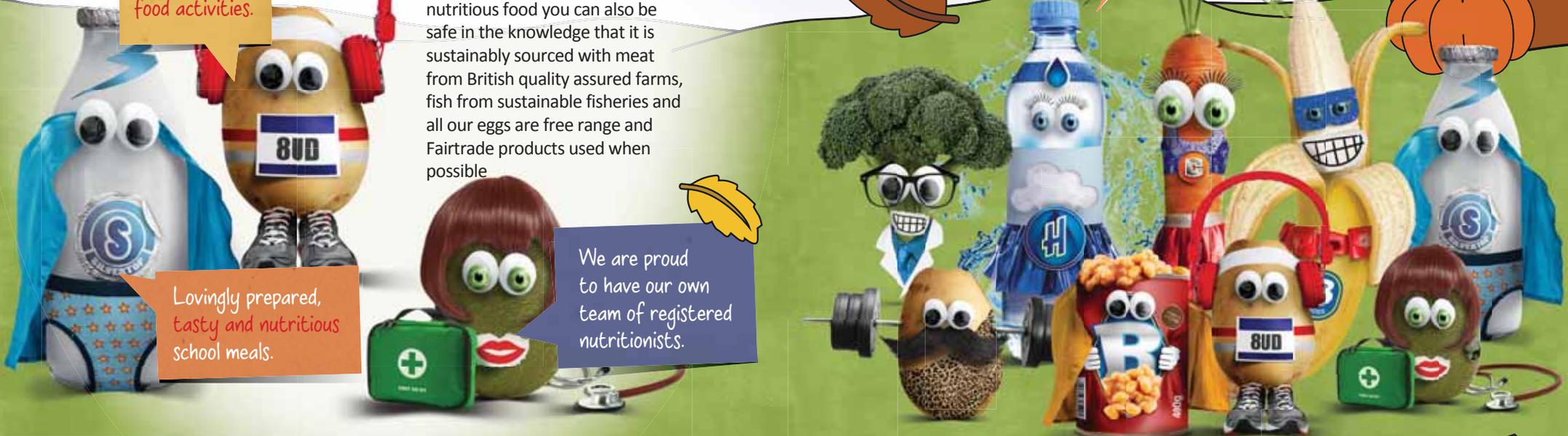
We engage  
with children  
through fun  
food activities.

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



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



## Week one

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

Monday

**Choose a main meal...**  
Chicken Korma & Rice  
Vegetarian Hotpot ✓  
Jacket Potato with Filling

**on the side...**  
Sweetcorn  
**for dessert...**  
Fruity Yoghurt with a Crunchy Twist  
Fruit Salad

Tuesday

**Choose a main meal...**  
Beef Stew & Dumplings  
Beany Pasta ✓  
Jacket Potato with Filling

**on the side...**  
Rainbow Vegetables  
**for dessert...**  
Pineapple Upside Down Cake & Custard  
Yoghurt or Fruit

Wednesday

**Choose a main meal...**  
Roast Ham Slices in Gravy with Roast Potatoes  
Cauliflower & Sweetcorn Bake ✓  
Jacket Potato with Filling

**on the side...**  
Green Vegetable Medley  
**for dessert...**  
Yoghurt & Melon Slices  
Fruit Salad

Thursday

**Choose a main meal...**  
Cheese & Tomato Wholegrain Pizza ✓  
Salmon Paella  
Jacket Potato with Filling

**on the side...**  
Peas & Sweetcorn  
**for dessert...**  
Apricot Shortbread  
Yoghurt or Fruit

Friday

**Choose a main meal...**  
Fish & Chips  
Quorn Burger in a Bun & Chips ✓  
Jacket Potato with Filling

**on the side...**  
Baked Beans or Salad  
**for dessert...**  
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...**  
Mild Beef Chilli & Wholegrain Rice  
Veggie Sausage & Bean Casserole ✓  
Jacket Potato with Filling

**on the side...**  
Green Vegetable Medley  
**for dessert...**  
Chocolate Muffin  
Yoghurt or Fruit

**Choose a main meal...**  
Cheese & Tomato Pasta ✓  
Butternut Squash & Chickpea Curry with Rice ✓  
Jacket Potato with Filling

**on the side...**  
Peas & Sweetcorn  
**for dessert...**  
Crunchy Red Berry Yoghurt  
Fruit Salad

**Choose a main meal...**  
Roast Chicken in Gravy with Roast Potatoes  
Quorn Fillet in Gravy with Roast Potatoes ✓  
Jacket Potato with Filling

**on the side...**  
Carrots  
**for dessert...**  
Oat Cookie  
Yoghurt or Fruit

**Choose a main meal...**  
Burger in a Bun with Salad  
Veggie Pasta Bolognese ✓  
Jacket Potato with Filling

**on the side...**  
Peas  
**for dessert...**  
Yoghurt & Melon Slices  
Fruit Salad

**Choose a main meal...**  
Fish & Chips  
Free Range Omelette & Chips ✓  
Jacket Potato with Filling

**on the side...**  
Baked Beans or Salad  
**for dessert...**  
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...**  
Sausages in Gravy & Mash Potato  
Veggie Shepherd's Pie ✓  
Jacket Potato with Filling

**on the side...**  
Peas  
**for dessert...**  
Yoghurt with Sliced Orange & Grapes  
Fruit Salad

**Choose a main meal...**  
Mild Chicken Tikka Masala & Rice  
Creamy Pesto Pasta ✓  
Jacket Potato with Filling

**on the side...**  
Carrots & Sweetcorn  
**for dessert...**  
Cheese & Crackers  
Yoghurt or Fruit

**Choose a main meal...**  
Slow Cooked Shredded Beef in Gravy & Roast Potatoes  
Quorn Sausage in Gravy & Roast Potatoes ✓  
Jacket Potato with Filling

**on the side...**  
Green Vegetable Medley  
**for dessert...**  
Mandarin Yoghurt Pot  
Yoghurt or Fruit

**Choose a main meal...**  
Macaroni Cheese ✓  
Mild Bean Chilli & Wholegrain Rice ✓  
Jacket Potato with Filling

**on the side...**  
Rainbow Vegetables  
**for dessert...**  
Toffee & Apple Muffin  
Yoghurt or Fruit

**Choose a main meal...**  
Fish & Chips  
Quorn Burger in a Bun & Chips ✓  
Jacket Potato with Filling

**on the side...**  
Baked Beans or Salad  
**for dessert...**  
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

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

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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.

