

Steamplicity
Spring/Summer
2017

You could
save over
£430.00*
per child per year

We engage
with children
through fun
food activities.

Lovingly prepared,
tasty and nutritious
school meals.

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

Welcome to our new West
Sussex School menu. As well as
having some exciting new dishes
to try, our executive chefs have
been listening to our young
customers and updating 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.

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 10:30 am on 01243 773239 (messages only).

Week one

Jacket potatoes are available **every day**.

Week two

If you don't fancy dessert, you can **always** enjoy fresh fruit.

Week three

£2.30

Monday

24/04 15/05 05/06 26/06 17/07 18/09 09/10

Chicken Korma & Rice
in a Creamy Sauce served with
Rainbow Vegetables

Beany Pasta ✓
Wholegrain Pasta in a Tomato
Sauce with Rainbow Vegetables

Smooth Fruit
Yoghurt with Fruit
Slices

Fruit Salad

Tuesday

Sausages in Gravy
with Mashed Potato & Garden
Peas

Veggie Shepherds Pie ✓
Veggie Mince with a Potato
Topping & Garden Peas

Fruit Slice &
Custard

Fruit Salad

Yoghurt

Wednesday

Farm Assured British Roast Beef in Gravy
with Roast Potatoes & Seasonal
Vegetable Medley

Quorn Fillet ✓
with Roast Potatoes & Seasonal
Vegetable Medley

Smooth Fruit Yoghurt
with Fruit Slices

Fruit Salad

Thursday

Cheese & Tomato Pasta ✓
Penne Pasta in a Cheesy Tomato
Sauce & Sweetcorn

Chicken Fajita
Tortilla Wrap with Chicken &
Peppers, served with Salad or
Sweetcorn

Oat Cookie

Fruit Salad

Yoghurt

Friday

Fish & Chips
Battered Fish with Chips & Baked
Beans or Salad

Free Range Omelette ✓
with Chips & Baked Beans or
Salad

Smooth Fruit Yoghurt
with Fruit Slices

Fruit Salad

01/05 22/05 12/06 03/07 24/07 04/09 25/09 16/10

Cheese & Tomato Pizza ✓
with Garden Peas or Salad

Veggie Balls & Pasta ✓
in a Tomato Sauce with Garden
Peas or Salad

Fruity Flapjack

Fruit Salad

Yoghurt

Beef Burger in a Bun
with Diced Potatoes, Salad &
Coleslaw or Sweetcorn

Mild Veggie Chilli & Rice ✓
with Wholegrain Rice &
Sweetcorn

Smooth Fruit
Yoghurt with Fruit
Slices

Fruit Salad

Farm Assured British Sliced Turkey in Gravy
with Roast Potatoes & Carrot
Batons

Quorn Sausage in Gravy ✓
with Roast Potatoes & Carrot
Batons

Raspberry Sponge &
Custard

Fruit Salad

Yoghurt

Mild Chicken Tikka Masala
with Rice and Rainbow
Vegetables

Vegetable Cheesy Pasta ✓
with Salad or Rainbow Vegetables

Smooth Fruit Yoghurt with
Fruit Slices

Fruit Salad

Fish & Chips
Battered Fish with Chips & Baked
Beans or Salad

Vegetable Fajita ✓
Tortilla Wrap with Chips & Baked
Beans or Salad

Cranberry Shortbread Slice

Fruit Salad

Yoghurt

08/05 19/06 10/07 11/09 02/10 23/10

Macaroni Cheese ✓
Pasta in Creamy Cheese Sauce
with Peas & Sweetcorn

Salmon Risotto
Diced Salmon in a White Sauce
with Risotto Rice, Peas &
Sweetcorn

Smooth Fruit Yoghurt
with Fruit Slices

Fruit Salad

Beef Lasagne
Layers of Meat & Vegetables,
White Sauce & Free Range Egg
Lasagne Sheets with Carrot
Batons

Veggie Hotpot ✓
with Diced Potatoes & Carrot
Batons

Apricot Shortbread

Fruit Salad

Yoghurt

Farm Assured British Chicken Breast in Gravy
with Roast Potatoes & Spring
Vegetable Medley

Cauliflower & Broccoli Cheese ✓
with Roast Potatoes & Spring
Vegetable Medley

Smooth Fruit Yoghurt
with Fruit Slices

Fruit Salad

Sausage & Tomato Pasta
Pasta & Sliced Sausages in a
Tomato Sauce & Rainbow
Vegetables

Butternut Squash & Chickpea Curry ✓
with Wholegrain Rice & Rainbow
Vegetables

Marble Sponge &
Custard

Fruit Salad

Yoghurt

Fish & Chips
Battered Fish with Chips & Baked
Beans or Salad

Quorn Burger ✓
in a Bun with Chips, Baked Beans
or Salad

Smooth Fruit Yoghurt
with Fruit Slices

Fruit Salad

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.



There is a vegetarian choice **every day**... and don't forget that salad is available **daily**.

Keep yourself topped up with water - it will help you concentrate **all day long**.

