

Autumn/Winter
2016 - 2017
Steamplicity Menu

Food Super Heroes Menu

You could
save over
£420*
per child per year

We engage
with children
through fun
food activities.

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.

Lovingly prepared,
tasty and nutritious
school meals.

We are proud
to have our own
team of registered
nutritionists.

To order meals or for more information visit us at www.mealselector.co.uk, email westsussex@chartwells.co.uk or by phone on 01243 836130. For more information on special diets, please contact westsussexspecialdiets@compass-group.co.uk. To cancel meals due to pupil sickness please call 01243 773239 (messages only)



Week one

Jacket potatoes are available daily with filling. Choose from Tuna, Cheese or Beans.

Week two

Week three

£2.30

Monday

05/09 26/09 17/10 07/11 28/11 09/01 30/01 13/02 03/03

Mild Chicken Tikka Masala
Rice and Garden Peas

Veggie Bolognese ✓
Wholegrain Pasta in Vegetable Bolognese Sauce and Garden Peas

Marbled Vanilla Fruit* Sponge & Custard

Yoghurt or Fruit Salad



12/09 03/10 14/11 05/12 16/01 06/02 27/02 20/03

Beef Bolognese with Wholegrain Pasta in a Bolognese Sauce and Vegetable Laces

Veggie Hotpot ✓
Vegetable Hotpot with Diced Potato and Vegetable Laces

Cranberry Shortbread
Yoghurt or Fruit Salad

Tuesday

Cheese and Tomato Pasta ✓
Wholegrain Pasta in Cheesy Tomato Sauce and Rainbow Vegetables

Smooth Yoghurt with Fruit Dippers*
Fruit Salad

Salmon and Broccoli Bake in White Sauce with Diced Potatoes and Rainbow Vegetables

Creamy Chicken Casserole in a creamy white sauce with Rice and Carrot Batons

Veggie Shepherd's Pie ✓
with beans and lentils, a Potato top and Carrot Batons

Apple* Cake & Custard
Yoghurt or Fruit Salad

Wednesday

Chicken Breast in Gravy with Roast Potatoes and Carrot Batons

Mini Fruit Tea Cake
Yoghurt or Fruit Salad

Cauliflower and Broccoli Cheese ✓
with Roast Potatoes and Carrot Batons

Sliced Turkey in Gravy with Roast Potatoes and Winter Vegetables

Quorn Fillet in Gravy ✓
with Roast Potatoes and Winter Vegetables

Smooth Yoghurt with Fruit Dippers*
Fruit Salad

Thursday

Beef Burger in a Bun with Diced Potatoes, Salad and Coleslaw or Vegetable Laces

Smooth Yoghurt with Fruit Dippers*
Fruit Salad

Mild Veggie Chilli ✓
with Wholegrain Rice and Vegetable Laces

Sausages in Gravy with Mashed Potato and Garden Peas

Beany Pasta ✓
Wholegrain Pasta in Three Bean Tomato Sauce and Garden Peas

Lemon Drizzle Cake
Yoghurt or Fruit Salad

Friday

Fish and Chips
Battered Fish with Chips and Baked Beans

Fruit* Sponge Slice
Yoghurt or Fruit Salad

Free Range Omelette ✓
with Chips and Baked Beans

Fish and Chips with Chips and Sweetcorn or Salad

Quorn Burger ✓
Quorn Burger in a Bun with Chips, Sweetcorn or Salad

Smooth Yoghurt with Fruit Dippers*
Fruit Salad

19/09 10/10 31/10 21/11 12/12 02/01 23/01 13/02 06/03 27/03

Turkey Meatballs in a Tomato Sauce with Pasta and Garden Peas

Smooth Yoghurt with Fruit Dippers*
Fruit Salad

Butternut Squash and Chickpea Curry ✓
with Wholegrain Rice and Garden Peas

Macaroni Cheese ✓
Elbow Pasta in a Creamy Cheese Sauce with Winter Vegetables

Blueberry Cookie
Yoghurt or Fruit Salad

Minced Beef and Dumplings in Gravy with Diced Potatoes and Winter Vegetables

Sliced Beef in Gravy with Roast Potatoes and Carrot Batons

Peach & Pear* Crumble with Custard
Yoghurt or Fruit Salad

Quorn Sausage in Gravy ✓
with Roast Potatoes and Carrot Batons

Margherita Pizza ✓
with Salad or Rainbow Vegetables
Ham and Sweetcorn Pasta in a Cheese Sauce with Rainbow Vegetables

Smooth Yoghurt with Fruit Dippers*
Fruit Salad

Fish and Chips with Chips and Baked Beans

Fruity Flapjack
Yoghurt or Fruit Salad

Vegetable Fajita Wrap ✓
with Chips and Beans or Salad

Chilled Water, Milk, Salad and Bread available daily. * Fruit based.

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 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.

