

Spring/Summer  
2019

FREE

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

You could  
save over  
**£380\***  
per child per year

We engage  
with children  
through fun  
food activities.

Since September 2014, children in reception and years 1 & 2 are entitled to FREE school meals through the Government's 'Universal Infant Free School Meals' initiative. So who are we? We're Chartwells and are responsible for preparing your children's tasty meals. We love to help children discover and learn about the food they eat, where it comes from and how it's prepared. It's great fun for them and us!

Lovingly prepared,  
tasty and nutritious  
school meals.

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

# Food Super Heroes Menu



If you would like to know more about school meals please contact our local office 0117 4406 456, email: [NESomersetqueries@compass-group.co.uk](mailto:NESomersetqueries@compass-group.co.uk)

**Chartwells**  
EAT LEARN LIVE



## Week one

22/04 13/05 10/06 01/07 22/07

Monday

Choose a main meal...

Vegetable Supreme Pizza with Jacket Wedges ✓  
Chinese Style Veggie Rice ✓

on the side...

Broccoli  
Sweetcorn  
for dessert...  
Mango Frozen Yoghurt

Tuesday

Choose a main meal...

Farm Assured Chicken, Pea & Potato Bake  
Vegetable Pasta Bolognese ✓

on the side...

Green Beans  
Mediterranean Vegetables  
for dessert...  
Pear Upside Down Cake with Custard

Wednesday

Choose a main meal...

Roast Organic Beef with Roast Potatoes & Gravy  
Sweet Potato & Chickpea Roast with Roast Potatoes & Gravy ✓

on the side...

Carrots  
Cabbage  
for dessert...  
Flapjack with Fruit Slices

Thursday

Choose a main meal...

Organic BBQ Beef Meatballs with Pasta  
Sweetcorn Tortilla Pie with Rice ✓

on the side...

Sweetcorn  
Roasted Seasonal Vegetables  
for dessert...  
Brownie Cake

Friday

Choose a main meal...

Golden Cod Fish Fingers with Chips  
Salmon Fish Fingers with Chips  
Veggie Hotdog with Chips ✓

on the side...

Peas  
Baked Beans  
for dessert...  
Cheese & Biscuits

## Week two

29/04 20/05 17/06 08/07

Choose a main meal...

BBQ Quorn Burger with Jacket Wedges ✓  
Cheese & Tomato Pizza ✓

on the side...

Crunchy Coleslaw  
Peas  
for dessert...  
Chocolate Sponge Cake with Custard

Choose a main meal...

Farm Assured Pork Sausages with Creamy Mash  
Vegetarian Sausages with Creamy Mash ✓

on the side...

Sweetcorn  
Baked Beans  
for dessert...  
Apple & Carrot Slice

Choose a main meal...

Farm Assured Roast Turkey with Roast Potatoes & Gravy  
Cauliflower & Creamed Corn Bake with Roast Potatoes ✓

on the side...

Cabbage  
Carrots  
for dessert...  
Oatie Biscuit with Fruit Slices

Choose a main meal...

Pasta Bolognese  
Mild Chickpea Curry with Rice ✓

on the side...

Broccoli  
Sweetcorn  
for dessert...  
Strawberry Sponge Swirl

Choose a main meal...

Crispy Fish & Chips  
Baked Bean & Cheese Quesadilla with Chips ✓

on the side...

Peas  
Tomato & Cucumber Salad  
for dessert...  
Berry Chill

## Week three

£2.00

06/05 03/06 24/06 15/07

Choose a main meal...

Mac 'N' Cheese ✓  
Vegetable Korma with Rice ✓

on the side...

Broccoli  
Carrots  
for dessert...  
Blueberry Frozen Yoghurt

Choose a main meal...

Farm Assured Chicken & Sweetcorn Pizza with Jacket Wedges  
Cheesy Bubble & Squeak ✓

on the side...

Peas  
Crunchy Coleslaw  
for dessert...  
Lemon Drizzle Cake

Choose a main meal...

Farm Assured Roast Pork with Roast Potatoes & Gravy  
Roasted Vegetable & Butterbean Crumble ✓

on the side...

Carrots  
Cabbage  
for dessert...  
Jelly & Ice Cream

Choose a main meal...

Organic Beef Burger with Jacket Wedges  
Vegetable Lasagne ✓

on the side...

Roasted Summer Vegetable Medley  
Sweetcorn  
for dessert...  
Apple & Berry Crumble with Custard

Choose a main meal...

Golden Fish Fingers & Chips  
Sweet Potato & Chickpea Burger with Chips ✓

on the side...

Baked Beans  
Peas  
for dessert...  
Chocolate Shortbread with Fruit Slices

All our milk is Red Tractor approved



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

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



We only use Lion Quality British 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

