

Food Super Heroes Menu

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.

Lovingly prepared, tasty and nutritious school meals.

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!

*This saving will depend on the cost of a meal at your school.

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

If you would like to know more about school meals contact our local office
0117 4406456 email: NESomersetqueries@compass-group.co.uk



Week one

05/11 26/11 17/12 21/01 11/02 11/03 01/04

Choose a main meal...

Mac 'N' Cheese ✓
Jacket Potato with a Variety of Fillings ✓

on the side...

Sweetcorn
Peas
for dessert...
Flapjack with Fruit Slices

Monday

Choose a main meal...

Farm Assured Chicken Mayo Bun with Jacket Wedges
Creamy Broccoli & Sweetcorn Pasta ✓

on the side...

Roasted Vegetables
Carrots
for dessert...
Pear & Ginger Crumble with Custard

Tuesday

Choose a main meal...

Farm Assured Roast Turkey with Roasted Potatoes & Gravy
Sweet Potato & Chickpea with Roasted Potatoes ✓

on the side...

Green Beans
Cauliflower
for dessert...
Chocolate Ice Cream

Wednesday

Choose a main meal...

Farm Assured Pork Ragù with Rice
Vegetable & Cheese Crumble with New Potatoes ✓

on the side...

Carrots
Broccoli
for dessert...
Brownie Cake

Thursday

Choose a main meal...

Crispy Fish & Chips
Crispy Battered Pollock with Chips
Quorn Dippers with Chips ✓

on the side...

Baked Beans
Crunchy Coleslaw
for dessert...
Lemon Shortbread

Friday

Week two

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

Choose a main meal...

Mozzarella & Tomato Pizza ✓
Jacket Potato with a Variety of Fillings ✓

on the side...

Broccoli
Sweetcorn
for dessert...
Vanilla Ice Cream

Choose a main meal...

Organic Pork Sausages with Cheesy Mash
Vegetarian Sausages with Cheesy Mash ✓

on the side...

Baked Beans
Roasted Vegetables
for dessert...
St Clement's Sponge Cake

Choose a main meal...

Farm Assured Roast Turkey with Roast Potatoes & Gravy
Cauliflower & Broccoli Cheese Bake with Potatoes & Gravy ✓

on the side...

Roast Parsnip
Carrots
for dessert...
Oatle Biscuit with Fruit Slices

Choose a main meal...

Farm Assured Chicken & Tomato Lasagne with Garlic & Herb Bread Wedge
Vegetarian Tagine with Rice ✓

on the side...

Green Beans
Cauliflower
for dessert...
Apple & Berry Crumble with Custard

Choose a main meal...

Golden Fish Fingers & Chips
Salmon Fish Fingers & Chips
Mediterranean Tart & Chips ✓

on the side...

Peas
Baked Beans
for dessert...
Banana & Apricot Flapjack

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

Week three

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

Choose a main meal...

Mozzarella & Tomato Pizza with Jacket Wedges ✓
Jacket Potato with a Variety of Fillings ✓

on the side...

Peas
Roasted Vegetables
for dessert...
Strawberry Ice Cream

Choose a main meal...

Farm Assured Chicken & Broccoli Pie with New Potatoes
Creamy Tomato & Basil Pasta ✓

on the side...

Carrots
Green Beans
for dessert...
Raspberry Ripple Cake

Choose a main meal...

Farm Assured Roast Pork with Roasted Potatoes & Gravy
Quorn Roast with Roasted Potatoes & Gravy ✓

on the side...

Seasonal Cabbage
Carrot & Swede Mash
for dessert...
Peach Slice

Choose a main meal...

Beef Macaroni Bake with Garlic & Herb Bread Wedge
Vegetable Korma with Rice ✓

on the side...

Broccoli
Sweetcorn
for dessert...
Shortbread Fingers with Fruit Slices

Choose a main meal...

Golden Fish Fingers with Chips
Salmon Fish Fingers with Chips
Baked Bean & Cheese Quesadilla with Chips ✓

on the side...

Peas
Crunchy Coleslaw
for dessert...
Pineapple Upside Down Cake with Custard

ASSURED
SOUTHWEST
FOODS

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 bio diesel!

FAIRTRADE
All our
bananas are
FAIRTRADE



If your child receives or needs a special diet or allergen menu, please speak to your catering manager or contact us. Our special diet menu can be provided following documentation from a medical professional. Jacket Potatoes with Assorted Fillings, Fresh Fruit & Yogurt Provided Daily.

