

LOVE SCHOOL MEALS

**NUTRITIOUS FOOD AND
MEMORABLE EXPERIENCES**

For meal order support
call Chartwells 01243 836130
or email [73041@compass-
group.co.uk](mailto:73041@compass-group.co.uk)

<https://www.chartwells.co.uk/west-sussex/>

Order lunches now at
www.ParentPay.com

School meals are free for
all children Reception, Year 1 and
year 2

Save time and money by
choosing a hot meal.

**Save up
to £457**

with FREE
school meals

**AT CHARTWELLS, WE ARE PASSIONATE ABOUT
ENCOURAGING AND ENABLING MORE CHILDREN TO
MAKE HEALTHY CHOICES AND ENJOY A NUTRITIOUS
SCHOOL MEAL TO GET THE MOST OUT OF THEIR DAY.**

Making a home-packed lunch for your child each day can be time-consuming and expensive. School meals can relieve some of this pressure by providing a hot, nutritious lunch for your child, every school day.



Chartwells
Schools

<https://www.chartwells.co.uk/west-sussex/>



THE BENEFITS OF SCHOOL MEALS



MAKING CHILDREN HEALTHIER

Children having school meals are more likely to eat fruit and vegetables and drink water throughout the day.

BEHAVIOUR & CONCENTRATION

A healthy school meal helps children get the best from their learning.

YOU MAY BE ELIGIBLE FOR FREE MEALS FROM RECEPTION TO YEAR 6

Speak to your school or local authority about signing your child up today!

www.westsussex.gov.uk/education-children-and-families/schools-and-colleges/free-school-meals/#how-to-apply

TASTY THEME DAYS

Throughout the term, your child will get to experience theme days where we bring excitement to the dining hall

MAKING FOOD FUN

We want your children to have fun and the dining hall is a great place for them to enjoy themselves with friends whilst they learn about different types of food.

WE EDUCATE AND INSPIRE CHILDREN WITH OUR BEYOND THE CHARTWELLS' KITCHEN WORKSHOPS

Our menus are packed with familiar favourites such as cheese & tomato pizza and roast dinners

FREQUENTLY ASKED QUESTIONS

WHAT IS INCLUDED IN A SCHOOL MEAL?

Every day, you can be assured that a school meal will offer:

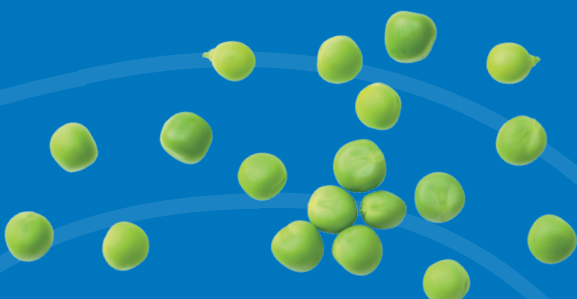
- A portion of fruit and vegetables
- Dairy food items rich in calcium for strong bones and teeth
- Starchy carbohydrates to provide energy
- A protein source to support the body's growth and repair.

WHAT IF MY CHILD HAS AN ALLERGY OR SPECIAL DIET?

Our primary objective is to keep our pupils - your children - safe every day when enjoying their school meals.

We take allergies very seriously and, supported by our robust Medical Diet Policy, we've taken every step to ensure that as many children as possible living with food allergies and intolerance can eat safely at school with their friends.

To find out more please email: westsussexspecialdiets@compass-group.co.uk



THREE WEEK MENU



Our menu has benefited from a series of recent pupil tasting sessions, the most popular dishes now feature on our menu.

Our menu is subject to change. Please be assured that all notified medical diets and allergy requirements will be safely catered for.



WEEK 1

W/C: 29/04, 20/05, 10/06, 01/07, 22/07, 12/08, 02/09, 23/09, 14/10,
04/11, 25/11, 16/12, 06/01, 27/01, 17/02, 10/03, 31/03,
* school holiday dates

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
HOT SPECIALS	Cheese and Tomato Pizza With Garden Peas 	BBQ Chicken and Rice With Green Beans	Traditional Roast Chicken With Roast Potatoes, Gravy and Spring Vegetables	Beef Burger With Potatoes and Mixed Diced Vegetables	Breaded Cod Fish Fingers With Chips and Baked Beans
JACKET POTATO	Quorn Sausage Cowboy Pasta With Garden Peas   	Traditional Macaroni Cheese With Green Beans 	Quorn Sausages With Roast Potatoes, Gravy and Spring Vegetables    	Chilli No Carne With Wholegrain Rice and Mixed Diced Vegetables   	Quorn Burger With Chips and Baked Beans  
	Baked Beans   	Veggie Bolognese    	Cheese and Salad    	BBQ Baked Beans    	Tuna Mayo   
			Available everyday - Water, salad, bread, milk & fresh fruit		
DESSERT	Vanilla Sponge	Banana Marble Cake 	Jammy Jack	Smooth Fruit Yoghurt	Fresh Seasonal Fruit Friday 

A third of global greenhouse gas (GHG) emissions comes from the food system.

We commit to highlighting low impact options on the menu to help you make an informed choice.

 Vegetarian
 Fruity!
 Very Low Carbon Emissions
 Oily Fish
 Nutritionist's Choice
 Low Carbon Emissions
 Wholegrain

WEEK 2

W/C: 15/04, 06/05, 27/05, 17/06, 08/07, 29/07, 19/08, 09/09, 30/09,
21/10, 11/11, 02/12, 23/12, 13/01, 03/02, 24/02, 17/03, 07/04
* school holiday dates



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
HOT SPECIALS	Cheese and Tomato Pizza With Green Beans Veggie Balls in Tomato Sauce With Wholegrain Rice and Green Beans	Sausages and Mash Pork and Beef Sausages with Garden Peas and Gravy Cheese and Tomato Pasta With Garden Peas	Traditional Roast Ham With Roast Potatoes, Spring Vegetables and Gravy Quorn Sausages With Roast Potatoes, Spring Vegetables and Gravy	Chicken Tikka Masala With Rice and Mixed Diced Vegetables Traditional Macaroni Cheese With Mixed Diced Vegetables	Chicken Breast With Chips and Baked Beans Veggie Dippers With Chips and Baked Beans
JACKET POTATO	BBQ Baked Beans 	Veggie Bolognese 	Cheese and Salad 	Baked Beans 	Tuna Mayo
DESSERT	Smooth Fruit Yoghurt	Dorset Apple Cake 	Vanilla Sponge	Crispy Crackle Bar	Fresh Seasonal Fruit Friday

Available everyday - Water, salad, bread, milk & fresh fruit

A third of global greenhouse gas (GHG) emissions comes from the food system.

We commit to highlighting low impact options on the menu to help you make an informed choice.

Vegetarian Very Low Carbon Emissions Oily Fish Low Carbon Emissions
 Fruity! Nutritionist's Choice Wholegrain

WEEK 3

W/C: 22/04, 13/05, 03/06, 24/06, 15/07, 05/08, 26/08, 16/09, 07/10, 28/10,
18/11, 09/12, 30/12, 20/01, 10/02, 03/03, 24/03, 14/04
* school holiday dates



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
HOT SPECIALS	Cheese and Tomato Pizza With Rainbow Vegetables V	Sausages and Mash Pork and Beef Sausages with Garden Peas and Gravy	Traditional Roast Chicken With Roast Potatoes, Spring Vegetables and Gravy	Traditional Beef Pasta Bolognese With Green Beans	Breaded Cod Fish Fingers With Chips and Baked Beans
	Traditional Veggie Bolognese With Rainbow Vegetables V	Traditional Macaroni Cheese With Garden Peas V	Quorn Sausages With Roast Potatoes, Spring Vegetables and Gravy V	Vegetable Masala With Wholegrain Rice and Green Beans V	Veggie Balls in Tomato Sauce With Chips and Baked Beans V
JACKET POTATO	Baked Beans V	Salmon Mayo V	Cheese and Salad V	Veggie Bolognese V	Cheese V
Available everyday - Water, salad, bread, milk & fresh fruit					
DESSERT	Dorset Apple Cake V	Smooth Fruit Yoghurt	Crispy Crackle Bar	Jammy Jack	Fresh Seasonal Fruit Friday V

A third of global greenhouse gas (GHG) emissions comes from the food system.

We commit to highlighting low impact options on the menu to help you make an informed choice.

 Vegetarian
 Fruity!
 Very Low Carbon Emissions
 Low Carbon Emissions
 Wholegrain
 Nutritionist's Choice



We are recruiting

Our local kitchen teams are recruiting in various schools across the County.

Term time contracts and school friendly hours available.

ID for an enhanced DBS will be required.

Please contact us at
westsussex@chartwells.co.uk
to find out more.

September starts available.