



Chartwells
So much more than fantastic food

**CHILDREN
EAT FREE**

**YOU COULD
SAVE UP TO
£400 A YEAR!**

**SCHOOL MEALS ARE FREE FOR ALL CHILDREN IN
RECEPTION, YEAR 1 AND YEAR 2**

**SAVE TIME AND MONEY BY CHOOSING A SCHOOL HOT
MEAL.**

WEEK 1 MENU

25-Apr 16-May 06-Jun 27-Jun 18-Jul 08-Aug 29-Aug 19-Sep 10-Oct 31-Oct 21-Nov 12-Dec 02-Jan 23-Jan 13-Feb 06-Mar 27-Mar

SPRING/SUMMER 2022

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Hot Main Dish	Sausages, Mash & Gravy Pork & beef sausages in gravy	Macaroni Cheese Macaroni in a creamy cheese sauce	Roast Chicken with Roast Potatoes and Gravy Roast chicken with roasties and gravy	Cheese & Tomato Pizza Deep base pizza with a cheese & tomato topping	Fish & Chips Our traditional Friday favourite
Alternative Dish	Butternut Squash & Chickpea Curry & Rice Chunky vegetables in a mild curry sauce	Mild Bean Chilli & Rice Baked bean chilli and fluffy rice	Sweet Potato and Chickpea Roast with Roast Potatoes and Gravy Chunky sweet potato and chickpea roast	Beef Pasta Bolognese A classic Italian beef bolognese in tomato sauce	Dippers and Chips Crispy Quorn nuggets
Jacket Potato	Jacket Potato with Salmon Mayo	Jacket Potato with Veggie Bolognese	Jacket Potato with Cheese	Jacket Potato with Baked Beans	Jacket Potato with Cheese
Vegetables	Golden Sweetcorn or Salad	Rainbow Vegetables or Salad	Carrots and Cabbage	Garden Peas or Salad	Baked Beans or Salad
Desserts	Smooth Fruit Yoghurt	Apple, Orange & Melon Fruit Bowl	Cranberry Shortbread Biscuit	Pear & Chocolate Sponge	Jammy Jack Flapjack

Bread, Milk, Salad, Water & Fruit available every day. Ketchup served on Friday

WEEK 2 MENU

02-May 23-May 13-Jun 04-Jul 25-Jul 15-Aug 05-Sep 26-Sep 17-Oct 07-Nov 28-Nov 19-Dec 09-Jan 30-Jan 20-Feb 13-Mar 03-Apr

SPRING/SUMMER 2022

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Hot Main Dish	Chicken Korma & Rice Mild creamy korma sauce and fluffy rice	Cheese & Tomato Pizza 	Roast Ham with Roast Potatoes and Gravy Ham in gravy with roasties and gravy	Classic Beef Burger Served with salad & diced potatoes	Fish & Chips Our traditional Friday favourite
Alternative Dish	Quorn Sausage, Mash & Gravy   Sausage in gravy with mash potato	Beef Pasta Bolognese  A classic Italian beef bolognese in tomato sauce	Sweet Potato and Chickpea Roast with Roast Potatoes and Gravy   Chunky sweet potato and chickpea roast	Mild Bean Chilli & Rice   Baked bean chilli and fluffy rice	Cheese & Vegetable Frittata & Chips   Oven baked omelette and chips
Jacket Potato	Jacket Potato   With Cheese	Jacket Potato   With Baked Beans	Jacket Potato With Tuna Mayo	Jacket Potato   With Cheese	Jacket Potato   With veggie bolognese
Vegetables	Garden Peas or Salad	Green Beans or Salad	Carrots and Cabbage	Golden Sweetcorn or Salad	Baked Beans or Salad
Desserts	Cranberry Shortbread Biscuit	Smooth Fruit Yoghurt	Pear & Chocolate Sponge 	Apple, Orange & Melon Fruit Bowl 	Muesli Flapjack

Bread, Milk, Salad, Water & Fruit available every day. Ketchup served on Friday

WEEK 3 MENU

09-May 30-May 20-Jun 11-Jul 01-Aug 22-Aug 12-Sep 03-Oct 24-Oct 14-Nov 05-Dec 26-Dec 16-Jan 06-Feb 27-Feb 20-Mar 10-Apr

SPRING/SUMMER 2022



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MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Hot Main Dish	Macaroni Cheese ✓ Macaroni in a creamy cheese sauce	Sausages, Mash & Gravy Pork & beef sausages in gravy	Roast Beef with Roast Potatoes and Gravy Sliced roast beef with roasties and gravy	Cheese & Tomato Pizza ✓ Deep base pizza with a cheese & tomato topping	Fish & Chips Our traditional Friday favourite
Alternative Dish	Chicken Tikka Masala & Rice ✓ Mild tikka sauce and fluffy rice	Cheese & Tomato Pasta ✓ Creamy cheese & tomato sauce with pasta	Quorn Sausage with Roast Potatoes and Gravy ✓ Quorn Sausage in rich gravy with roasties	Butternut Squash & Chickpea Curry & Rice ✓ ✓ Chunky vegetables in a mild curry sauce	Veggie Burger & Chips ✓ Quorn Pattie in a bun with chips
Jacket Potato	Jacket Potato With Tuna Mayo	Jacket Potato With Baked Beans	Jacket Potato With Cheese	Jacket Potato With Veggie Bolognese	Jacket Potato With Cheese
Vegetables	Green Beans or Salad	Garden Peas or Salad	Carrots and Cabbage	Rainbow Vegetables or Salad	Baked Beans or Salad
Desserts	Jammy Jack Flapjack	Apple, Orange & Melon Fruit Bowl ✓	Pineapple Sponge ✓	Smooth Fruit Yoghurt	Muesli Flapjack

Bread, Milk, Salad, Water & Fruit available every day. Ketchup served on Friday

✓ Vegetarian 🐟 Oily fish 🌿 Wholegrain 🍎 Fruity! ❤️ Nutritionist's Choice

School Meal Frequently Asked Questions



My child is new to the school and is in reception or KS1, how do I pay for school meals?

In 2014, the government introduced free school meals for all children in the UK in reception and years 1 and 2. This means that children in these years are entitled to a delicious hot meal free of charge. Please contact your child's school for more details.

I want my child to start having school meals, where can I find the menu?

Our menu can be found on the school website alternatively on the meal selector website at www.mealselector.co.uk.

What is included in a school meal?

Each school meal consists of a protein item (either meat, fish or vegetarian option), vegetables or salad, starchy carbohydrate (e.g. pasta/rice/potato), bread, milk or water and a pudding.

Will my child be able to switch between a packed lunch and a school meal?

KS2 pupils are able to switch between packed lunches and school meals. Don't forget school meals are free to those children in KS1. Please be aware that whilst most schools let you switch between packed lunch and school meals some schools have individual policies regarding KS1 meal ordering so please check with your school before placing orders.

I want my child to be able to have school meals but they have an allergy/intolerance/require a special diet. Do you cater for special diets?

Yes. Our dedicated team work to create menus for those children that suffer with allergies/intolerances or require a special diet. A special diet is a requirement different to the choices offered within the menu which are medically required or due to religious beliefs. For medically required diets, all requests are to be supported by a GP/Dietician letter confirming the allergy, this enables our team to develop a suitable menu for your child. Please contact our special diet team at westsussexspecialdiets@compass-group.co.uk.

My child is a fussy eater. Will they be able to get a school meal they like?

Menus are available on your school website for parents to talk through with their children about daily food choices. Our menu is on a 3 week cycle and each day there are 2-3 options available to them.

Our research shows that children will often try new foods when their friends are eating the same items, this often leads to pupils enjoying more foods leading to a wider and more varied diet.

