Our commitment to healthy eating in our schools

Our commitment to healthy eating in our schools is still as strong as ever. We go a long way to ensure that children eat well and understand the importance of a healthy diet and lifestyle.

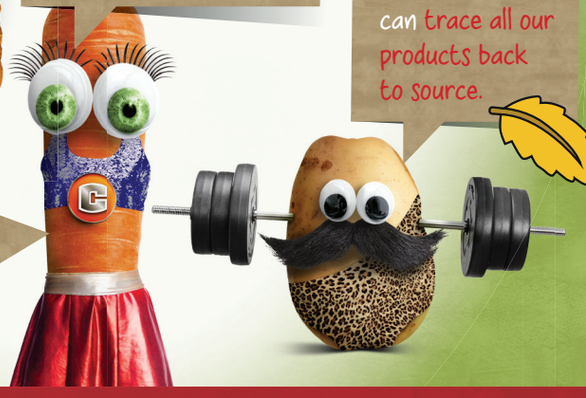
We can adapt our menus to meet special dietary requirements so that school meals can be enjoyed by all children.

We're proud that all our menus meet or exceed Government food and nutrition standards.

Wherever possible we minimise and eliminate food additives in the school meals we serve.

The rigour in our sourcing means that we can trace all our products back to source.

Our very own team of nutritionists develop all our menus to ensure balanced and healthy choices.



Chartwells, Office 30, Orion Suite, The Centre for Business, Enterprise Way, Newport, NP20 2AQ

Autumn/Winter 2018/2019

Food Super Heroes Menu

Chartwells
EAT LEARN LIVE

Week one

05/11 26/11 17/12 07/01 28/01 18/02 11/03 01/04

Monday

Choose a main meal...
- Mac 'N' Cheese
- Mild Potato & Chickpea Curry
- Jacket Potato with various toppings

on the side...
- Seasonal Vegetables

for dessert...
- Pear & Ginger Crumble with Custard

Tuesday

Choose a main meal...
- Chicken Mayo Bun with Jacket Wedges
- Creamy Broccoli & Sweetcorn Pasta
- Jacket Potato with various toppings

on the side...
- Roasted Vegetables
- Seasonal Vegetables

for dessert...
- Flapjack with Fruit Slices

Wednesday

Choose a main meal...
- Roast Turkey with Roast Potatoes & Gravy
- Sweet Potato & Chickpea Roast with Roast Potatoes & Gravy
- Jacket Potato with various toppings

on the side...
- Seasonal Vegetables
- Cauliflower

for dessert...
- Chocolate Ice Cream

Thursday

Choose a main meal...
- Pork Ragu with Rice
- Vegetable & Cream Cheese Crumble with New Potatoes
- Jacket Potato with various toppings

on the side...
- Seasonal Vegetables

for dessert...
- Brownie Cake

Friday

Choose a main meal...
- Crispy Battered Fish & Chips
- Quorn Dippers with Chips
- Jacket Potato with various toppings

on the side...
- Baked Beans
- Crunchy Coleslaw

for dessert...
- Lemon Shortbread

Week two

12/11 03/12 24/12 14/01 04/02 25/02 18/03

Monday

Choose a main meal...
- Pork Bangers with Cheesy Mash
- Veggie Bangers with Cheesy Mash
- Jacket Potato with various toppings

on the side...
- Baked Beans
- Seasonal Vegetables

for dessert...
- St Clements Sponge Cake

Tuesday

Choose a main meal...
- Cheese & Tomato Pizza
- Vegetable Biryani
- Jacket Potato with various toppings

on the side...
- Pasta Salad
- Seasonal Vegetables

for dessert...
- Vanilla Ice Cream

Wednesday

Choose a main meal...
- Roast Turkey with Roast Potatoes & Gravy
- Cauliflower & Broccoli Cheese Bake with Roast Potatoes & Gravy
- Jacket Potato with various toppings

on the side...
- Seasonal Vegetables

for dessert...
- Oatie Biscuit with Fruit Slices

Thursday

Choose a main meal...
- Chicken & Tomato Lasagne with Garlic & Herb Bread
- Vegetarian Tagine with Rice
- Jacket Potato with various toppings

on the side...
- Seasonal Vegetables
- Crunchy Salad

for dessert...
- Apple & Berry Crumble with Custard

Friday

Choose a main meal...
- Golden Fish Fingers & Chips
- Mediterranean Tart & Chips
- Jacket Potato with various toppings

on the side...
- Baked Beans
- Seasonal Vegetables

for dessert...
- Banana & Apricot Flapjack

Week three

19/11 10/12 31/12 21/01 11/02 04/03 25/03

Monday

Choose a main meal...
- Chicken & Broccoli Pie with New Potatoes
- Creamy Tomato & Basil Pasta
- Jacket Potato with various toppings

on the side...
- Seasonal Vegetables

for dessert...
- Raspberry Ripple Cake

Tuesday

Choose a main meal...
- Cheese & Tomato Pizza with Jacket Wedges
- Tomato & Vegetable Savoury Rice
- Jacket Potato with various toppings

on the side...
- Seasonal Vegetables
- Crunchy Salad

for dessert...
- Strawberry Ice Cream

Wednesday

Choose a main meal...
- Roast Pork with Roast Potatoes & Gravy
- Quorn Roast with Roast Potatoes & Gravy
- Jacket Potato with various toppings

on the side...
- Seasonal Vegetables
- Carrot & Swede Mash

for dessert...
- Peach Slice

Thursday

Choose a main meal...
- Beef Macaroni Bake with Garlic & Herb Bread
- Vegetable Korma with Rice
- Jacket Potato with various toppings

on the side...
- Seasonal Vegetables
- Crunchy Salad

for dessert...
- Shortbread Fingers with Fruit Slices

Friday

Choose a main meal...
- Golden Fish Fingers & Chips
- Baked Bean & Cheese Quesadilla & Chips
- Jacket Potato with various toppings

on the side...
- Crunchy Coleslaw
- Seasonal Vegetables

for dessert...
- Pineapple Upside Down Cake with Custard

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

If your child receives or needs a special diet or allergen menu, please speak to your catering manager or contact us

For details on how to claim free school meals, please speak to your catering manager or contact us

All of our bread is baked fresh every day

eat right stay bright

change 4 life

British Lion Quality

Food for Life Soil Association

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

FAIRTRADE
All our bananas are FAIRTRADE

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