

Steamplicity  
Spring/Summer  
2017

You could  
save over  
**£430.00\***  
per child per year

We engage  
with children  
through fun  
food activities.

Lovingly prepared,  
tasty and nutritious  
school meals.

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

Welcome to our new West  
Sussex School menu. As well as  
having some exciting new dishes  
to try, our executive chefs have  
been listening to our young  
customers and updating our  
traditional favourites. In addition  
to providing tasty and nutritious  
food you can also be safe in the  
knowledge that it is sustainably  
sourced with meat from British  
quality assured farms, fish from  
sustainable fisheries and all our  
eggs are free range.

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

# Food Super Heroes Menu



To order meals or for more information visit us at [www.mealselector.co.uk](http://www.mealselector.co.uk), email [73041@compass-group.co.uk](mailto:73041@compass-group.co.uk) or phone 01243 836130. For more information on special diets, please contact [westsussexspecialdiets@compass-group.co.uk](mailto:westsussexspecialdiets@compass-group.co.uk). To report sickness on the day call by 10:30 am on 01243 773239 (messages only).



## Week one

Jacket potatoes are available **every day**.

## Week two

If you don't fancy dessert, you can **always** enjoy fresh fruit.

## Week three

£2.30

Monday

24/04 15/05 05/06 26/06 17/07 18/09 09/10

Chicken Korma & Rice  
in a Creamy Sauce served with  
Rainbow Vegetables

Beany Pasta ✓  
Wholegrain Pasta in a Tomato  
Sauce with Rainbow Vegetables

Smooth Fruit  
Yoghurt with Fruit  
Slices  
Fruit Salad

Tuesday

Sausages in Gravy  
with Mashed Potato & Garden  
Peas

Veggie Shepherds Pie ✓  
Veggie Mince with a Potato  
Topping & Garden Peas

Fruit Slice &  
Custard  
Fruit Salad  
Yoghurt

Wednesday

Farm Assured British Roast Beef in Gravy  
with Roast Potatoes & Seasonal  
Vegetable Medley

Quorn Fillet ✓  
with Roast Potatoes & Seasonal  
Vegetable Medley

Smooth Fruit Yoghurt  
with Fruit Slices  
Fruit Salad

Thursday

Cheese & Tomato Pasta ✓  
Penne Pasta in a Cheesy Tomato  
Sauce & Sweetcorn

Chicken Fajita  
Tortilla Wrap with Chicken &  
Peppers, served with Salad or  
Sweetcorn

Oat Cookie  
Fruit Salad  
Yoghurt

Friday

Fish & Chips  
Battered Fish with Chips & Baked  
Beans or Salad

Free Range Omelette ✓  
with Chips & Baked Beans or  
Salad

Smooth Fruit Yoghurt  
with Fruit Slices  
Fruit Salad

01/05 22/05 12/06 03/07 24/07 04/09 25/09 16/10

Cheese & Tomato Pizza ✓  
with Garden Peas or Salad

Veggie Balls & Pasta ✓  
in a Tomato Sauce with Garden  
Peas or Salad

Fruity Flapjack  
Fruit Salad  
Yoghurt

Beef Burger in a Bun  
with Diced Potatoes, Salad &  
Coleslaw or Sweetcorn

Mild Veggie Chilli & Rice ✓  
with Wholegrain Rice &  
Sweetcorn

Smooth Fruit  
Yoghurt with Fruit  
Slices  
Fruit Salad

Farm Assured British Sliced Turkey in Gravy  
with Roast Potatoes & Carrot  
Batons

Quorn Sausage in Gravy ✓  
with Roast Potatoes & Carrot  
Batons

Raspberry Sponge &  
Custard  
Fruit Salad  
Yoghurt

Mild Chicken Tikka Masala  
with Rice and Rainbow  
Vegetables

Vegetable Cheesy Pasta ✓  
with Salad or Rainbow Vegetables

Smooth Fruit Yoghurt with  
Fruit Slices  
Fruit Salad

Fish & Chips  
Battered Fish with Chips & Baked  
Beans or Salad

Vegetable Fajita ✓  
Tortilla Wrap with Chips & Baked  
Beans or Salad

Cranberry Shortbread Slice  
Fruit Salad  
Yoghurt

08/05 19/06 10/07 11/09 02/10 23/10

Macaroni Cheese ✓  
Pasta in Creamy Cheese Sauce  
with Peas & Sweetcorn

Salmon Risotto  
Diced Salmon in a White Sauce  
with Risotto Rice, Peas &  
Sweetcorn

Smooth Fruit Yoghurt  
with Fruit Slices  
Fruit Salad

Beef Lasagne  
Layers of Meat & Vegetables,  
White Sauce & Free Range Egg  
Lasagne Sheets with Carrot  
Batons

Veggie Hotpot ✓  
with Diced Potatoes & Carrot  
Batons

Apricot Shortbread  
Fruit Salad  
Yoghurt

Farm Assured British Chicken Breast in Gravy  
with Roast Potatoes & Spring  
Vegetable Medley

Cauliflower & Broccoli Cheese ✓  
with Roast Potatoes & Spring  
Vegetable Medley

Smooth Fruit Yoghurt  
with Fruit Slices  
Fruit Salad

Sausage & Tomato Pasta  
Pasta & Sliced Sausages in a  
Tomato Sauce & Rainbow  
Vegetables

Butternut Squash & Chickpea Curry ✓  
with Wholegrain Rice & Rainbow  
Vegetables

Marble Sponge &  
Custard  
Fruit Salad  
Yoghurt

Fish & Chips  
Battered Fish with Chips & Baked  
Beans or Salad

Quorn Burger ✓  
in a Bun with Chips, Baked Beans  
or Salad

Smooth Fruit Yoghurt  
with Fruit Slices  
Fruit Salad

Chilled water, milk, salad and bread are available daily.

All paid meals to be ordered one full week in advance of the entire week they are required, either online by midnight Sunday or via telephone by 3pm Friday.  
Terms and Conditions apply. Please see our website or contact us for more information. Menu is subject to availability.



There is a vegetarian choice **every day**... and don't forget that salad is available **daily**.

Keep yourself topped up with water - it will help you concentrate **all day long**.

