

WEEK 1

MONDAY

HOT SPECIALS...

Try something different!

Trying new and different foods is a great way of getting all the nutrition your body needs

Beef Bolognese

Macaroni Cheese 

Roast Chicken in Gravy with Roast Potatoes

Sausages & Mash

Fish & Chips

Available every day!

- Water
- Milk
- Fresh bread



DAILY FAVES...

Jacket Potato with tuna & cucumber mayo

Butternut Squash & Chickpea Curry & Rice  

Jacket Potato with cheese 

Quorn Sausage & Bean Hotpot 

Cauliflower & Sweetcorn Bake with Roast Potatoes 

Cheese & Tomato Pasta 

Omelette & Chips 

SIDES...

Green Beans and Salad

Baby Carrots & Sweetcorn and Salad

Seasonal Cabbage & Carrot Mix

Mixed Vegetables and Salad

Baked Beans and Salad

PICK A PUD!

Yoghurt & Granola  
Fruit Salad 

Melon & Orange Cocktail   
Fruit Salad 

Oat & Honey Shortbread  
Fruit Salad 

Apple & Mango Drizzle Sponge   
Fruit Salad 

Gingerbread Cookie  
Fruit Salad 

Look out for these symbols for our super healthy dishes:  Vegetarian

 Fruity!  Wholegrain  Oily fish

Allergy? Speak to our kitchen for help



WEEK 2

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Try something different!

Trying new and different foods is a great way of getting all the nutrition your body needs

HOT SPECIALS...

**Cheese & Tomato Pizza** ✓

**Sausages & Mash**

**Roast Beef in Gravy with Roast Potatoes**

**Macaroni Cheese** ✓

**Fish & Chips**

Available every day!

- Water
- Milk
- Fresh bread



DAILY FAVES...

**Creamy Chicken Pasta**

**Jacket Potato**  
with tuna & sweetcorn mayo

**Bean & Lentil Casserole** ✓

**Quorn Balls in Gravy with Roast Potatoes** ✓

**Jacket Potato**  
with Quorn bolognese ✓

**Vegetable Masala & Rice** ✓

**Quorn Burger in a Bun & Chips** ✓

SIDES...

Peas & Sweetcorn and Salad

Green Beans and Salad

Seasonal Cabbage & Carrot Mix

Mixed Vegetables and Salad

Baked Beans and Salad

PICK A PUD!

Muesli Flapjack  
Fruit Salad 🍏

Banana Marble Cake & Custard 🍏  
Fruit Salad 🍏

Melon & Orange Cocktail 🍏  
Fruit Salad 🍏

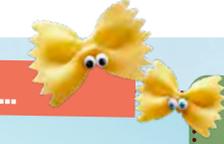
Gingerbread Cookie  
Fruit Salad 🍏

Yoghurt & Fruit Slices 🍏  
Fruit Salad 🍏

Look out for these symbols for our super healthy dishes: ✓ Vegetarian

🍏 Fruity! 🌿 Wholegrain 🐟 Oily fish

Allergy? Speak to our kitchen for help



WEEK 3

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

HOT SPECIALS...

Try something different!

Trying new and different foods is a great way of getting all the nutrition your body needs

Chicken Korma & Rice 🌿

Cheese & Tomato Pizza 🍃

Roast Ham in Gravy with Roast Potatoes

Beef Burger in a Bun with Baked Beans

Fish & Chips

Available every day!

- Water
- Milk
- Fresh bread



DAILY FAVES...

Jacket Potato with cheese 🍃

Cheese & Tomato Pasta 🍃

Jacket Potato with Quorn bolognese 🍃

Salmon & Broccoli Pasta

Quorn Sausage in Gravy with Roast Potatoes 🍃

Jacket Potato with baked beans 🍃

Butternut Squash & Chickpea Curry & Rice 🌿 🍃

Veggie Nuggets & Chips 🍃

SIDES...

Mixed Vegetables and Salad

Green Beans and Salad

Seasonal Cabbage & Carrot Mix

Peas & Sweetcorn and Salad

Baked Beans and Salad

PICK A PUD!

Apple & Mango Drizzle Sponge 🍏

Fruit Salad 🍏

Oat & Honey Shortbread

Fruit Salad 🍏

Melon & Orange Cocktail 🍏

Fruit Salad 🍏

Yoghurt & Fruit Slices 🍏

Fruit Salad 🍏

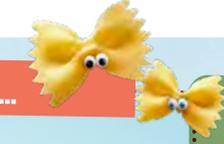
Banana Marble Cake & Custard 🍏

Fruit Salad 🍏

Look out for these symbols for our super healthy dishes: 🍃 Vegetarian

🍏 Fruity! 🌿 Wholegrain 🐟 Oily fish

Allergy? Speak to our kitchen for help



# Is your child moving up from Year 2 to Year 3?

Then don't let them miss out on nutritious school meals!

Chartwells school meals are compliant to the Government's School Food Standards, ensuring a balanced diet to provide all the nutrients a child requires to support optimal growth and development (Head of Nutrition, Chartwells)

As pupils move into year 3 school lunches are no longer free under the Government's Universal Infant Free School Meals scheme, however the social and nutritional benefits of eating a school meal with peers may be something you wish to continue for your child. Some would say it's money well spent!



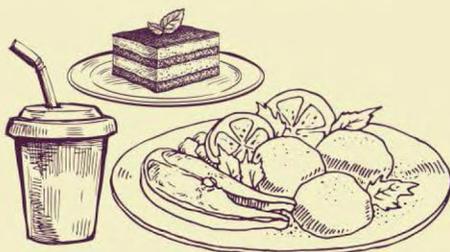
For the average price of a high street coffee or magazine, your child could enjoy a delicious Chartwells school meal



or



=



School lunches can lead to better educational attainment (Source: Public Health England)

Children having school lunch are more likely to consume fruit and vegetables and drink water through the day. (Source: School Food Plan)

LOVE  
SCHOOL  
Meals

Find your free school meal voucher in this pack

Chartwells  
EAT LEARN LIVE

The average packed lunch contains...

OVER  
**4x** 

the saturated fat;

OVER  
**3x** 

the salt;

NEARLY  
**3x** 

the sugar;

NEARLY  
**DOUBLE** 

the calories

When compared to a Chartwells school meal

## How to pay and further information

School meals from the 1<sup>st</sup> September 2020 will cost **£2.35** per day in your school. Pupils can choose to eat every day or pick their favourite days to eat with us.

You can pay for your school meals online at [www.mealselector.co.uk](http://www.mealselector.co.uk), if you don't have an account yet, go online to register or call the West Sussex Chartwells office on 01243 784223

If your child has a special diet requirement, before purchasing meals please contact the special diet team at [westsussexspecialdiets@compass-group.co.uk](mailto:westsussexspecialdiets@compass-group.co.uk)

LOVE  
SCHOOL  
—Meals—

Stay up to date with all the important news on your school meals service by visiting [www.loveschoolmeals.co.uk](http://www.loveschoolmeals.co.uk)



 @loveschoolmeals  
 Find us on Facebook

Get in touch

Unit 2, Lincoln House, City Fields Way  
Tangmere, Chichester  
PO20 2FS

73041@compass-group.co.uk

  
Chartwells  
EAT LEARN LIVE

# Internet School Meal Ordering System User Guide

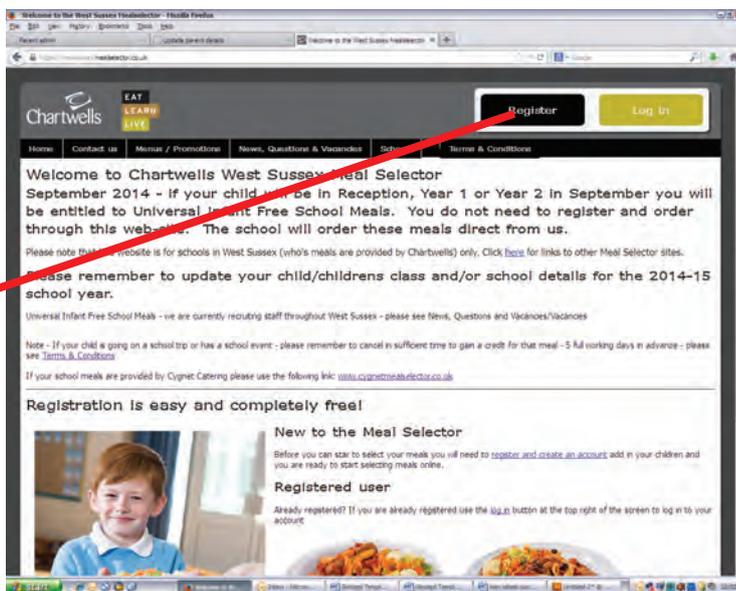
Connect to the Mealselector web site by typing [www.mealselector.co.uk](http://www.mealselector.co.uk) in the Microsoft Internet Explorer address area.

If you are using the web site for the first time you will need to register - the process is very simple.

You will need to answer a few question about yourself and then about your child or children.

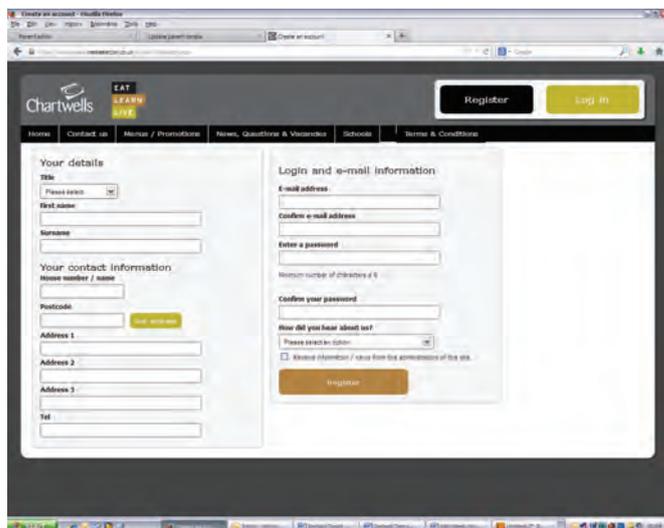
Click the 'Register' button.

If you have more than one child and they are at different schools, you will **NOT** need to register twice, just add the additional child to your profile.



Enter all of your details on the form.

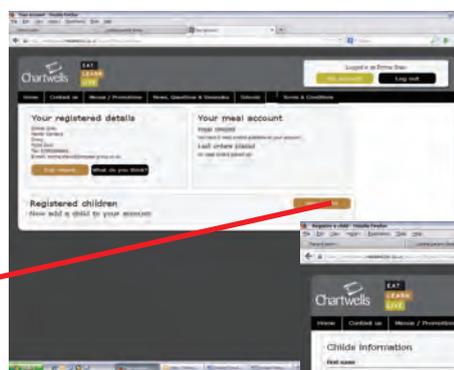
Choose a password that is easy to remember and then click the button to process your registration. This will then show you a summary of what you have entered, if any details are wrong you can edit them.



After registering your details you will now register your child or children's details, do this by clicking the 'add a child' button

Please insure you enter all details (class and date of birth).

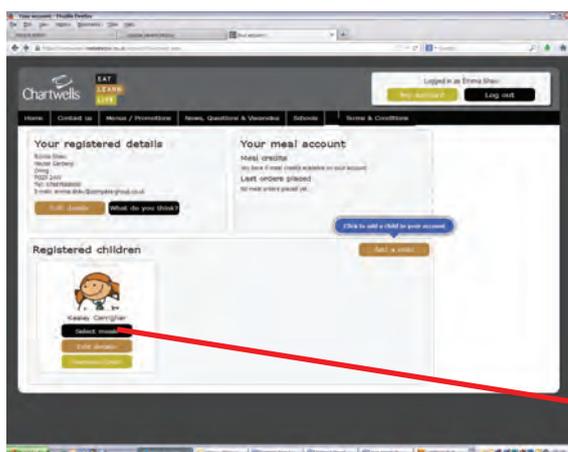
The click 'Register Child'.

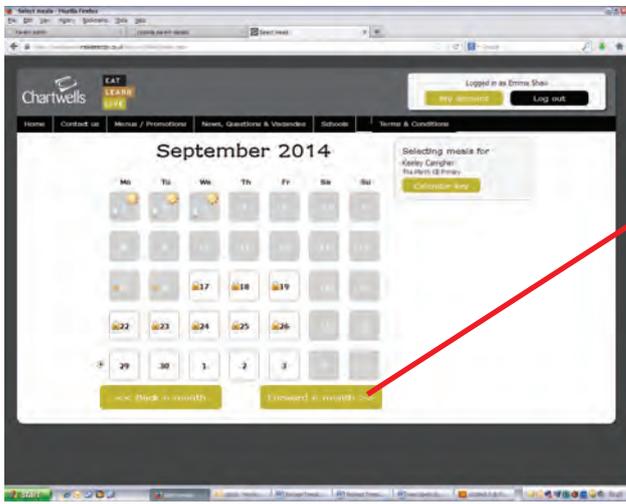


You will now see an overview of the details you have entered (You may change any of your details).

To add another child you will need to click on the 'add a child' button. (You will then need to enter details for your second child).

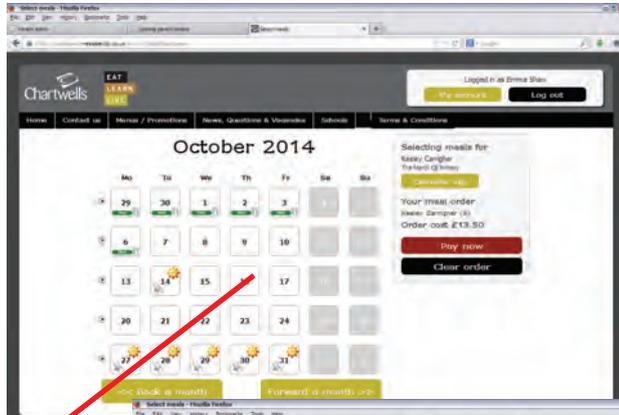
To select meals for your child you will need to click on the black 'select meals' button, this is located under your child's name.





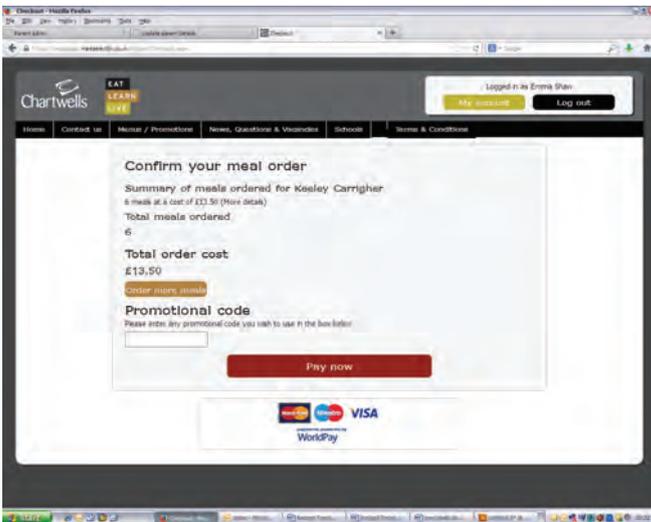
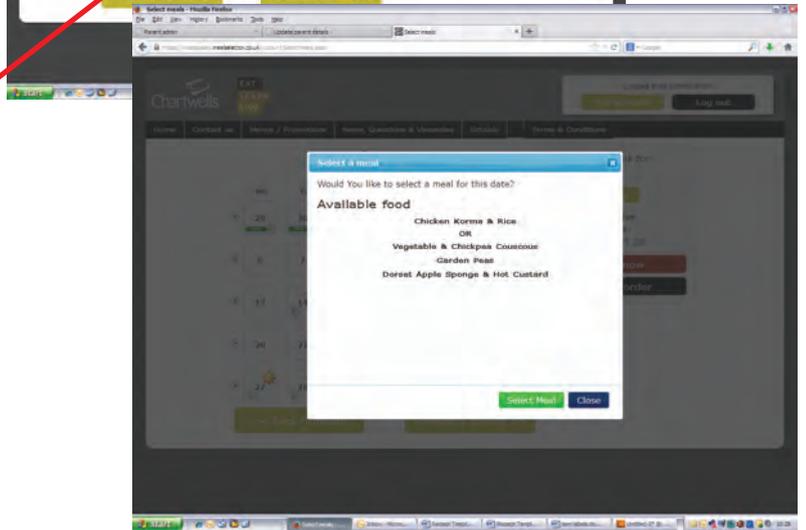
The screen will open to the calendar on the current month. The month can be changed to previous or forthcoming months by selecting either of the buttons at the bottom of the calendar.

To order meals simply click on the date that the meal is required. A new screen will appear showing you the menu for that particular day. You will need to confirm you wish to order this day by clicking the 'select meal' button.



When you have selected the meals that you want to order the screen will look like this - (Note that you do not have to order for a complete week and can select any days you wish - **there is no minimum order**).

Once the meals are selected you will need to click on the 'Pay Now' button which is on the right hand side of your screen.



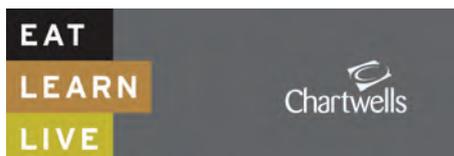
The order summary shows the total number of meals ordered and the amount you will need to make payment for. If you have any credit meals from cancellations you have made through the web site the amount will be deducted from your total payment.

You must proceed to the payment section for the selected meals to be reserved for your child or children.

The payment section is a secure site managed by WorldPay, and therefore we show images.

If you are having problems with any aspect of using the web site either:  
 E-Mail - [support@mealselector.co.uk](mailto:support@mealselector.co.uk)  
 or Telephone: 01159 245 400 extension 222 - office hours only

If you have any queries regarding your order, please contact the Chartwells West Sussex Office:  
 E-Mail - [73041@compass-group.co.uk](mailto:73041@compass-group.co.uk)  
 or Telephone: 0845 603 7998



Office Hours  
 Monday to Friday 8:30am - 4:30pm

[www.mealselector.co.uk](http://www.mealselector.co.uk)

# Chartwells Free Meal Voucher

Voucher Code: **YR2YR32020**

(please quote the voucher code when ordering your meals)

Expiry Date: **25th September 2020**

**To book your free Chartwells meal please contact the Chartwells office on 01243 836130.**

Please note if you do not have an account with us we will help set one up for you.

**One free meal per voucher per child, no cash alternatives offered.**  
Your free meal must be booked by the 25th September but can be for any day after that date.

