

WEEK 1

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...

**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

Try something different!

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

HOT SPECIALS...

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

# 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](http://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](mailto: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.

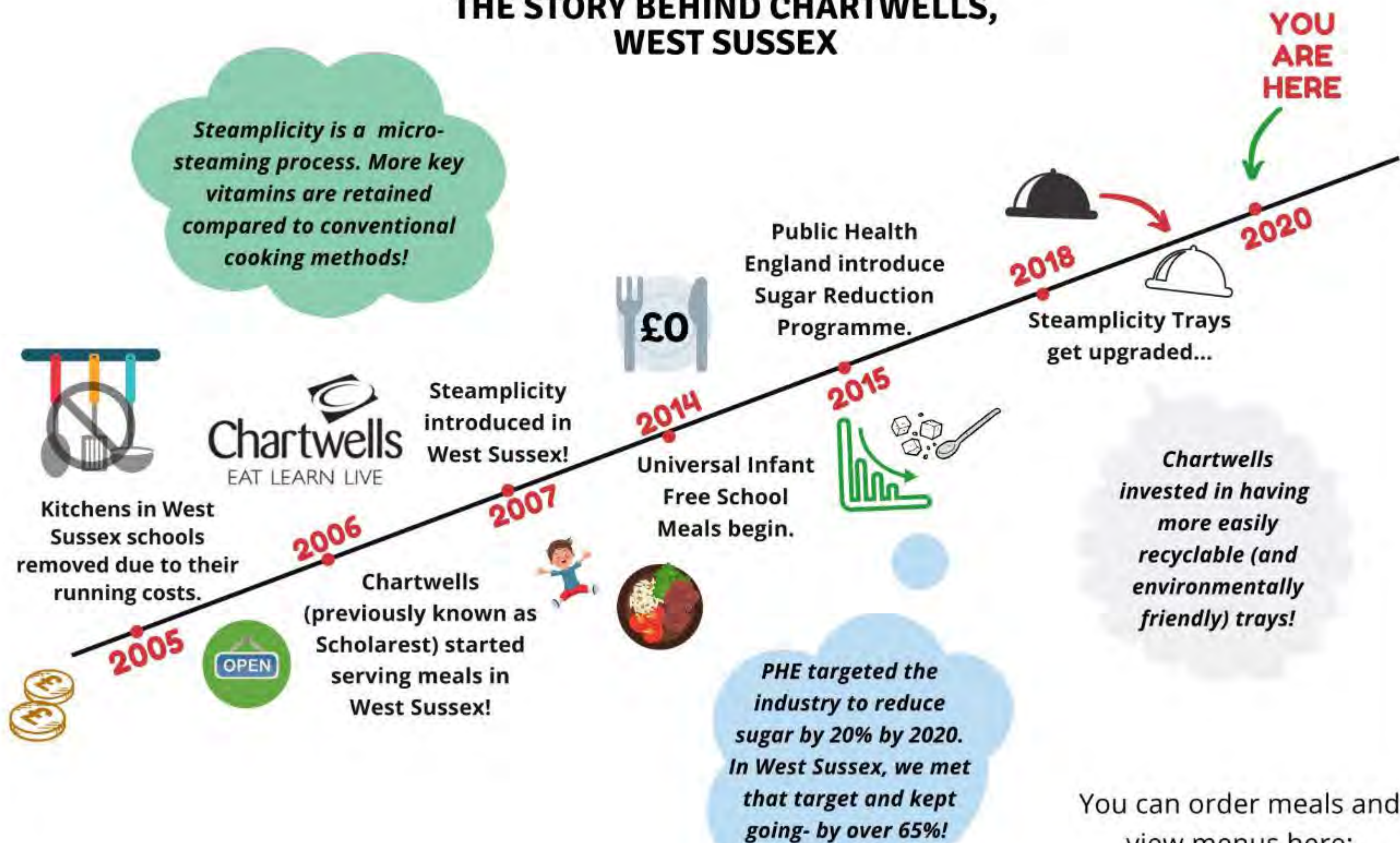
Our research shows that children will often try new foods when their friends are eating the same items, this often leads to pupils enjoying more foods leading to a wider and more varied diet.





# STEAMPLICITY TIMELINE

## THE STORY BEHIND CHARTWELLS, WEST SUSSEX



You can order meals and  
view menus here:  
[www.mealselector.co.uk](http://www.mealselector.co.uk)