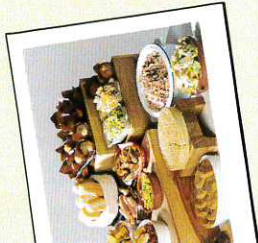


LOVE SCHOOL — Meals —

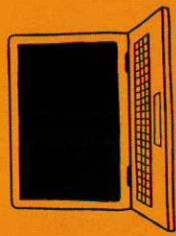


Love School Meals is how you can keep up-to-date with everything you need to know about our delicious and nutritious school meals.

Our monthly e-newsletter provides information about what's new on the menu each term, tips on tackling fussy eaters, information about our Beyond the Kitchen educational activities and so much more. We even run competitions so you have a chance to win great prizes too!

How do I sign up?

Register your details quickly and easily at www.loveschoolmeals.co.uk Oh, and don't forget to search **Love School Meals** on Facebook and like our page and follow us on Twitter **@loveschoolmeals**



Need more information?

If you would like more information on school meals please contact us on: **01634 720585** or e-mail us on: catering@compass-group.co.uk

@LOVESCHOOLMEALS
LOVESCHOOLMEALS

Chartwells
EAT LEARN LIVE

Autumn/Winter
2016

Food Super Heroes Menu



Chartwells
EAT LEARN LIVE

Week one

Jacket Potatoes are available every day with a choice of fillings.

31/10 21/11 19/12 16/01 06/02 06/03

Mega Mozzarella & Tomato Pizza** with Jacket Wedges, Sweetcorn or Green Beans

Pasta Pack's Tomato Neapolitan Pasta** Pasta served with a Neapolitan Sauce, Sweetcorn or Green Beans

Pasta Pack's Amazing Bolognese** Beef Bolognese with Peas or Coleslaw

Super Cheesy Mediterranean Tart with Couscous Caramelised Onion, Spinach, Tomato & Cheese Tart with Couscous, Peas or Coleslaw

Roast Beef & Bud's Crispy Spuds with Gravy, Carrots or Seasonal Cabbage

Super Quorn Roast Quorn Roast with Roast Potatoes with Gravy, Carrots or Seasonal Cabbage

Sadie's Chinese Chicken Noodles Chinese Chicken with Noodles, Broccoli or Roasted Veg

Sadie's Sweet Potato & Veggie Balti Sweet Potato & Veg Balti with Basmati Rice, Broccoli or Roasted Veg

Fish Fingers with Chips Golden Pollock Fillet Fish Fingers with Chips, Baked Beans or Peas
Cheesy Leek Bake Cheese & Leek Bake served with Chips, Baked Beans or Peas

Berry Muffin*

If your child receives or needs a special diet or allergen menu, please speak to your catering manager or contact us Job Opportunities available, term-time only. Please call 07841 724578

THEME WEEKS: 12-16 DECEMBER - CHRISTMAS WEEK, 27-31 MARCH - EASTER WEEK

KEY STAGE 1 MEALS ARE FREE

SANDGATE

Week two

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

07/11 28/11 02/01 23/01 20/02 13/03

Fruity Jelly

Pasta Pack's Vegetable Pasta Bake** Penne Pasta Bake, Sweetcorn or Crunchy Salad

Fab Italian Style Ormelette Italian Veg Frittata with Garlic Herby Bread Wedge, Sweetcorn or Crunchy Salad

Fruit Strudel* with Custard

Bangers with a Mash Mountain Pork Sausages with a Creamy Mash & Gravy, Peas or Carrots

Barry's Sizzling Bean Fajitas Mexican Beans with Peppers & Onions in a Flour Tortilla, Peas or Carrots

Mango Fro Yo

Roast Turkey with Bud's Crispy Spuds with Gravy, Green Beans or Seasonal Cabbage

Cauli Corn Bake Cauliflower & Creamed Corn Bake with Bud's Crispy Spuds, Green Beans or Seasonal Cabbage

Chocolate Oatie Cookie with Fruit Slices

Sadie's Creamy Butter Chicken Butter Chicken with Basmati Rice, Carrots or Broccoli

Pasta Pack's Macaroni Cheese Macaroni Cheese with Carrots or Broccoli

Fruity Sponge Cake* with Custard

Fish Goujons with Chips Golden Salmon Goujons with Chips, Baked Beans or Crunchy Light Coleslaw

The Very Veggie Burger Vegetarian Burger with Chips, Baked Beans or Crunchy Light Coleslaw

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

Week three

£2.30

14/11 05/12 09/01 30/01 27/02 20/03

Really Cheesy Pizza Bianca Cheese Sauce Pizza with Tomatoes & Mozzarella and Potato Wedges, Peas or Roasted Veg

Pasta Pack's Veggie Bolognese** Vegetarian Bolognese with Pasta**, Peas or Roasted Veg

Pasta Pack's Meatball Pasta Bake Turkey Meatballs in a Tomato Sauce with Pasta, Broccoli or Carrots

Barry's BBQ Bean Wrap BBQ Beans & Veg in a Tortilla Wrap with Broccoli or Carrots

Roast Chicken with Bud's Crispy Spuds with Gravy, Seasonal Cabbage or Cauliflower

Cheese & Onion Roly Poly Suet Pastry Roll Filled with Caramelised Onion, Cheese & Baby Spinach, Seasonal Cabbage or Cauliflower

Boss's Banana & Sticky Toffee Pudding* with Custard

Sadie's Super Chili Mild Mexican Chili with Rice, Tomato Salsa or Sweetcorn

Sadie's Chow Mein with Noodles Quorn Chow Mein with Noodles, Tomato Salsa or Sweetcorn

Chocolate Sultana Crispie

Fish Fingers & Chips Golden Pollock Fillet Fish Fingers with Chips, Baked Beans or Crunchy Light Coleslaw

Cheesy Bread Whirl with Chips Cheese, Onion & Potato Herby Bread Whirl, Baked Beans or Crunchy Light Coleslaw

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

