WEEK 1

02/11 23/11 14/12 18/01 08/02 08/03 29/03

	HOT SPECIALS...	DAILY FAVES...	SIDES...	PICK A PUD!
MONDAY	**Cheese and Tomato Pizza with Dough Balls** (V) Cheesy tomato topped pizza slice **Burrito with Rice** (V) A soft wrap filled with lightly spiced veggies and rice	Jacket Potato (V) with a choice of fillings Tomato Pasta (V) Fresh, homemade tomato and basil sauce with penne pasta	Fresh Carrots and Sweetcorn	**Chocolate Brownie** or **Fruit & Yoghurt**
TUESDAY	**Chicken Burger with Potato Wedges** Roast chicken served in a soft bun with lettuce and mayo **Macaroni Cheese** (V) Traditional Mac 'N' Cheese, delicious macaroni in a creamy sauce	Jacket Potato with a choice of fillings including salmon mayo Tomato Pasta (V) Fresh, homemade tomato and basil sauce with penne pasta	Garden Peas and Fresh Broccoli & Fresh Cauliflower	**Raspberry Ripple Ice Cream** or **Fruit & Yoghurt**
WEDNESDAY	**Roast Turkey with Roast Potatoes and Gravy** Traditional roast turkey with roasties and gravy **Sweet Potato and Chickpea Roast with Roast Potato and Gravy** (V) A chunky sweet potato and chickpea roast	Jacket Potato (V) with a choice of fillings Tomato Pasta (V) Fresh, homemade tomato and basil sauce with penne pasta	Fresh Carrots and Fresh Cabbage	**Fruit & Yoghurt**
THURSDAY	**Pasta Bolognese** A classic Italian beef bolognese in a classic tomato sauce **Hotdog with Potato Wedges** (V) Our favourite veggie hotdog served with ketchup in a soft sub roll	Jacket Potato (V) with a choice of fillings Tomato Pasta (V) Fresh, homemade tomato and basil sauce with penne pasta	Fresh Broccoli and Sweetcorn	**Summer Berry & Peach Oatie Crumble with Custard** or **Fruit & Yoghurt**
FRIDAY	**Golden Fish Fingers and Chips** Crispy fish fingers with chips **Quorn Nuggets and Chips** (V) Crispy Quorn nuggets with their fave sauce – ketchup	Jacket Potato (V) with a choice of fillings Tomato Pasta (V) Fresh, homemade tomato and basil sauce with penne pasta	Baked Beans and Garden Peas	**Strawberry Swirl Sponge** or **Fruit & Yoghurt**

WEEK 2

09/11 30/11 04/01 25/01 22/02 15/03

	HOT SPECIALS...	DAILY FAVES...	SIDES...	PICK A PUD!
MONDAY	**Veggie Sausage & Mash with Gravy** (V) Fluffy mash with veggie sausages & rich gravy **Cheese & Tomato Pizza with Dough Balls** (V) Cheesy tomato topped pizza slice	Jacket Potato (V) with a choice of fillings Tomato Pasta (V) Fresh, homemade tomato and basil sauce with penne pasta	Sweetcorn and Fresh Broccoli & Fresh Cauliflower	**Fruit & Yoghurt**
TUESDAY	**Chicken Tikka Masala with Rice** Succulent chicken in a mild sauce **Macaroni Cheese** (V) Traditional Mac 'N' Cheese, delicious macaroni in a creamy sauce	Jacket Potato (V) with a choice of fillings Tomato Pasta (V) Fresh, homemade tomato and basil sauce with penne pasta	Fresh Carrots and Garden Peas	**Apple & Berry Crumble with custard** or **Fruit & Yoghurt**
WEDNESDAY	**Honey Roasted Gammon with Roast Potatoes & Gravy** Gammon with roasties and gravy **Pastry Slice with Roast Potatoes & Gravy** (V) Pumpkin and potatoes wrapped in flaky pastry	Jacket Potato (V) with a choice of fillings Tomato Pasta (V) Fresh, homemade tomato and basil sauce with penne pasta	Fresh Cabbage and Fresh Carrots	**Strawberry Ice Cream** or **Fruit & Yoghurt**
THURSDAY	**Lasagne with a Garlic & Herb Bread Wedge** A classic Italian beef lasagne in a tomato sauce **The Incredible Burger with Potato Wedges** (V) Meatless burger in a soft bap with ketchup	Jacket Potato (V) with a choice of fillings Tomato Pasta (V) Fresh, homemade tomato and basil sauce with penne pasta	Sweetcorn and Fresh Broccoli	**Chocolate Cake with Chocolate Sauce** or **Fruit & Yoghurt**
FRIDAY	**Golden Fish Fingers and Chips** Crispy fish fingers and chips **Meat-free Taco with Chips** (V) A soft taco shell filled with a veggie tomato chilli	Jacket Potato (V) with a choice of fillings Tomato Pasta (V) Fresh, homemade tomato and basil sauce with penne pasta	Garden Peas and Baked Beans	**Oatie Biscuit with Fresh Cut Fruit Slices** or **Fruit & Yoghurt**

(V) Vegetarian · Oily fish · Wholegrain · Fruity!

Water, salad, freshly baked bread, yoghurt & fresh fruit

Available every day!

WEEK 3

16/11 07/12 11/01 01/02 01/03 22/03

	HOT SPECIALS...	DAILY FAVES...	SIDES...	PICK A PUD!
MONDAY	**Chinese Veggie Noodles** (V) Egg noodles with stir fried vegetables **Vegetable Supreme Pizza with Dough Balls** (V) Cheesy tomato topped pizza slice topped with sweetcorn & peppers	Jacket Potato (V) with a choice of fillings Tomato Pasta (V) Fresh, homemade tomato and basil sauce with penne pasta	Sweetcorn and Fresh Broccoli	Raspberry Yoghurt Cake or Fruit & Yoghurt
TUESDAY	**Sausage and Mash with Gravy** Traditional pork sausage and mash with gravy **Quorn Bolognese** (V) Fusilli pasta in a tomato and Quorn sauce	Jacket Potato (V) with a choice of fillings Tomato Pasta (V) Fresh, homemade tomato and basil sauce with penne pasta	Garden Peas and Fresh Carrots	Fruit & Yoghurt
WEDNESDAY	**Roast Chicken with Roast Potatoes and Gravy** Roast chicken with roasties and tasty gravy **Country Vegetable Pie with Roast Potatoes & Gravy** (V) Creamy vegetable pie with a shortcrust topper	Jacket Potato (V) with a choice of fillings Tomato Pasta (V) Fresh, homemade tomato and basil sauce with penne pasta	Fresh Carrots and Fresh Cabbage	Flapjack with Fresh Cut Fruit Slices or Fruit & Yoghurt
THURSDAY	**Pasta Bolognese** A classic Italian beef bolognese in a tomato and beef sauce **Mild Chickpea & Potato Curry with a Rice Side** (V) A tasty chickpea and potato masala	Jacket Potato (V) with a choice of fillings Tomato Pasta (V) Fresh, homemade tomato and basil sauce with penne pasta	Sweetcorn and Fresh Broccoli & Cauliflower Medley	Chocolate Brownie or Fruit & Yoghurt
FRIDAY	**Golden Fish Fingers and Chips** Crispy fish fingers and chips **Beany Burger and Chips** (V) A delicious homemade beany burger	Jacket Potato (V) with a choice of fillings Tomato Pasta (V) Fresh, homemade tomato and basil sauce with penne pasta	Baked Beans and Garden Peas	Orange Shortbread with Fruit Slices or Fruit & Yoghurt

Chartwells, 1st Floor Offices, 46 High Street, Heathfield, East Sussex, TN21 8HS. Tel: 01435 865310
Special diets are catered for, email specialdiets@compass-group.co.uk for more information.
East Sussex County Council.
Email: school.catering@eastsussex.gov.uk

Chartwells

Chartwells

Food Super Heroes Menu

£2.10

YOUR FAVOURITES available every day

OUR NEW MENU! chosen by our parents and children

THREE WEEK MENU

AUTUMN/WINTER 2020

ASSURED FOOD STANDARDS

OUR MENUS ARE 5% ORGANIC

Special dietary requirements can be catered for.

East Sussex County Council

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