

Steamplicity
Spring/Summer
2018

Food Super Heroes Menu

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

You could
save over
£430.00*
per child per year

We engage
with children
through fun
food activities.

Welcome to the West Sussex School menu. As well as having some exciting new meals to try, our executive chefs have been listening to our young customers and updating some of 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 and Fairtrade products used when possible

Lovingly prepared,
tasty and nutritious
school meals.

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

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



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Week one

16/04 07/05 04/06 25/06 16/07 03/09 24/09 15/10

Monday

Choose a main meal...

Sausages in Gravy & Mashed Potato

on the side...

Peas or Salad

Butternut Squash & Chickpea Curry v

for dessert...

Cheese & Biscuits or Fruit Salad

Jacket Potato with Filling

Tuesday

Choose a main meal...

Macaroni Cheese v

on the side...

Rainbow Vegetables or Salad

Chicken Korma & Rice

for dessert...

Fruit Yoghurt with Melon Slices or Fruit Salad

Jacket Potato with Filling

Wednesday

Choose a main meal...

Roast Chicken in Gravy with Roast Potatoes

on the side...

Spring Vegetables

for dessert...

Fruit Yoghurt & Granola or Fruit Salad

Veggie Sausage in Gravy & Roast Potatoes v

Jacket Potato with Filling

Thursday

Choose a main meal...

Cheese & Tomato Pizza v

on the side...

Sweetcorn & Peas or Salad

Beef Pasta Bolognese

for dessert...

Apple Cake & Custard or Fruit Salad

Jacket Potato with Filling

Friday

Choose a main meal...

Fish & Chips

on the side...

Baked Beans or Salad

Veggie Burger in a Bun & Chips v

for dessert...

Apricot Shortbread or Fruit Salad

Jacket Potato with Filling

Week two

23/04 14/05 11/06 02/07 23/07 10/09 01/10

Choose a main meal...

Cheese & Tomato Pasta v

on the side...

Sliced Carrots or Salad

Salmon Paella

for dessert...

Fruit Yoghurt with Apple & Orange Slices or Fruit Salad

Jacket Potato with Filling

Choose a main meal...

BBQ Chicken & Rice

on the side...

Peas & Sweetcorn or Salad

Shepherdess Pie v

for dessert...

Lemon Drizzle Cake or Fruit Salad

Jacket Potato with Filling

Choose a main meal...

Roast Sliced Ham in Gravy with Roast Potatoes

on the side...

Spring Vegetables

Cauliflower & Sweetcorn Bake with Roast Potatoes v

for dessert...

Fruit Yoghurt with Melon Slices or Fruit Salad

Jacket Potato with Filling

Choose a main meal...

Chicken Fillet Burger in a Bun with Lettuce & Mayo

on the side...

Rainbow Vegetables or Salad & Coleslaw

Veggie Bean & Sausage Casserole with Diced Potatoes v

for dessert...

Chocolate Muffin or Fruit Salad

Jacket Potato with Filling

Choose a main meal...

Fish & Chips

on the side...

Baked Beans or Salad

Free Range Omelette & Chips v

for dessert...

Fruit Yoghurt & Granola or Fruit Salad

Jacket Potato with Filling

Week three

30/04 21/05 18/06 09/07 17/09 08/10

Choose a main meal...

Macaroni Cheese v

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on the side...

Slice Carrots & Salad

Mild Bean Chilli & Rice v

for dessert...

Raspberry Sponge & Custard or Fruit Salad

Jacket Potato with Filling

Choose a main meal...

GREAT BRITISH BRUNCH

Chipolata's, Potato, Omelette & Baked Beans

Veggie Grill, Potato, Omelette & Baked Beans v

for dessert...

Apricot Shortbread or Fruit Salad

Jacket Potato with Filling

Choose a main meal...

Roast Chicken in Gravy with Roast Potatoes

on the side...

Spring Vegetables

Veggie Sausage in Gravy & Roast Potatoes v

for dessert...

Fruit Yoghurt & Granola or Fruit Salad

Jacket Potato with Filling

Choose a main meal...

Chicken Tikka Masala & Rice

on the side...

Rainbow Vegetables

Veggie Pasta Bolognese v

for dessert...

Cheese & Biscuits or Fruit Salad

Jacket Potato with Filling

Choose a main meal...

Fish & Chips

on the side...

Peas or Salad

Quorn Hotdog in a Bun with Chips v

for dessert...

Fruit Yoghurt with Melon Slices or Fruit Salad

Jacket Potato with Filling

Our chicken and milk are Red Tractor approved



WE BUY 95% of our seasonal vegetables direct from British growers



ALL OUR BEEF is from THE UK OR IRELAND

FRESH SALAD IS AVAILABLE ON A DAILY BASIS

REDUCING OUR CARBON FOOTPRINT OVER 30% of our products are transported by vehicles that run on biodiesel

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.



WE SUPPORT 82 BRITISH DAIRY FARMS



We only use Lion Quality British Eggs



FARM TO FORK We can trace every cut of meat back to the farms of origin

Bloomer Bread

Available EVERY DAY



All our bananas are FAIRTRADE

