




WEEK 1


HOT SPECIALS...

Cheese and Tomato Pizza with Dough Balls  
Cheesy tomato topped pizza slice

Burrito with Rice 
A soft wrap filled with lightly spiced veggies and rice

Chicken Burger with Potato Wedges

Roast chicken served in a soft bun with lettuce and mayo

Macaroni Cheese 
Traditional Mac 'N' Cheese, delicious macaroni in a creamy sauce

Roast Turkey with Roast Potatoes and Gravy

Traditional roast turkey with roasties and gravy

Sweet Potato and Chickpea Roast with Roast Potato and Gravy 
A chunky sweet potato and chickpea roast


Pasta Bolognese 
A classic Italian beef bolognese in a classic tomato sauce


Hotdog with Potato Wedges 
Our favourite veggie hotdog served with ketchup in a soft sub roll


Golden Fish Fingers and Chips
Crispy fish fingers with chips


Quorn Nuggets and Chips 
Crispy Quorn nuggets with their fave sauce – ketchup


DAILY FAVES...


Jacket Potato 
with a choice of fillings


Tomato Pasta 
Fresh, homemade tomato and basil sauce with penne pasta


Jacket Potato 
with a choice of fillings including salmon mayo

Tomato Pasta 
Fresh, homemade tomato and basil sauce with penne pasta


Jacket Potato 
with a choice of fillings

Tomato Pasta 
Fresh, homemade tomato and basil sauce with penne pasta

Jacket Potato 
with a choice of fillings

Tomato Pasta 
Fresh, homemade tomato and basil sauce with penne pasta

Jacket Potato 
with a choice of fillings

Tomato Pasta 
Fresh, homemade tomato and basil sauce with penne pasta

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

SIDES...

Fresh Carrots
and
Sweetcorn

Garden Peas
and
Fresh Broccoli & Fresh Cauliflower


Fresh Carrots
and
Fresh Cabbage

Fresh Broccoli
and
Sweetcorn

Baked Beans
and
Garden Peas

PICK A PUD!

Chocolate
Brownie
or
Fruit & Yoghurt 

Raspberry
Ripple
Ice Cream
or
Fruit & Yoghurt 

Fruit & Yoghurt 

Summer Berry & Peach Oatie Crumble with Custard 
or
Fruit & Yoghurt 

Strawberry
Swirl Sponge
or
Fruit & Yoghurt 

MONDAY

TUESDAY


WEDNESDAY

THURSDAY

FRIDAY

WEEK 2

HOT SPECIALS...

Veggie Sausage & Mash with Gravy 
Fluffy mash with veggie sausages & rich gravy

Cheese & Tomato Pizza with Dough Balls 
Cheesy tomato topped pizza slice

Chicken Tikka Masala with Rice 
Succulent chicken in a mild sauce

Macaroni Cheese 
Traditional Mac 'N' Cheese, delicious macaroni in a creamy sauce


Honey Roasted Gammon with Roast Potatoes & Gravy
Gammon with roasties and gravy

Pastry Slice with Roast Potatoes & Gravy 
Pumpkin and potatoes wrapped in flaky pastry

Lasagne with a Garlic & Herb Bread Wedge 
A classic Italian beef lasagne in a tomato sauce


The Incredible Burger with Potato Wedges 
Meatless burger in a soft bun with ketchup

Golden Fish Fingers and Chips
Crispy fish fingers and chips

Meat-free Taco with Chips 
A soft taco shell filled with a veggie tomato chilli

DAILY FAVES...

Jacket Potato 
with a choice of fillings


Tomato Pasta 
Fresh, homemade tomato and basil sauce with penne pasta


Jacket Potato 
with a choice of fillings

Tomato Pasta 
Fresh, homemade tomato and basil sauce with penne pasta

Jacket Potato 
with a choice of fillings

Tomato Pasta 
Fresh, homemade tomato and basil sauce with penne pasta

Jacket Potato 
with a choice of fillings

Tomato Pasta 
Fresh, homemade tomato and basil sauce with penne pasta

Jacket Potato 
with a choice of fillings

Tomato Pasta 
Fresh, homemade tomato and basil sauce with penne pasta

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

SIDES...

Sweetcorn
and
Fresh Broccoli & Fresh Cauliflower

Fresh Carrots
and
Garden Peas

Fresh Cabbage
and
Fresh Carrots


Sweetcorn
and
Fresh Broccoli

Garden Peas
and
Baked Beans

PICK A PUD!

Fruit & Yoghurt 

Apple & Berry
Crumble
with custard
or
Fruit & Yoghurt 

Strawberry Ice
Cream
or
Fruit & Yoghurt 

Chocolate Cake
with Chocolate
Sauce
or
Fruit & Yoghurt 

Oatie Biscuit
with Fresh Cut
Fruit Slices 
or
Fruit & Yoghurt 

 Vegetarian  Oily fish
 Wholegrain  Fruity!

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

Available
every day!



WEEK 3

HOT SPECIALS...

DAILY FAVES...

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

MONDAY

Chinese Veggie Noodles

Egg noodles with stir fried vegetables

Vegetable Supreme Pizza with Dough Balls

Cheesy tomato topped pizza slice topped with sweetcorn & peppers

Jacket Potato with a choice of fillings

Tomato Pasta Fresh, homemade tomato and basil sauce with penne pasta

SIDES...

Sweetcorn and Fresh Broccoli

PICK A PUD!

Raspberry Yoghurt Cake or Fruit & Yoghurt

TUESDAY

Sausage and Mash with Gravy

Traditional pork sausage and mash with gravy

Quorn Bolognese

Fusilli pasta in a tomato and Quorn sauce

Jacket Potato with a choice of fillings

Tomato Pasta 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

Creamy vegetable pie with a shortcrust topper

Jacket Potato with a choice of fillings

Tomato Pasta 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

A tasty chickpea and potato masala

Jacket Potato with a choice of fillings

Tomato Pasta 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

A delicious homemade beany burger

Jacket Potato with a choice of fillings

Tomato Pasta 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



THREE WEEK MENU
AUTUMN/WINTER 2020

Special dietary requirements can be catered for.

East Sussex County Council

