

WEEK 3		DAILY FAVES...	26/04 17/05 14/06 05/07
<b>MONDAY</b>  <b>TUESDAY</b>  <b>WEDNESDAY</b>  <b>THURSDAY</b>  <b>FRIDAY</b>	<b>HOT SPECIALS...</b> <b>Chinese Veggie Noodles</b> ✓ Egg noodles with stir fried vegetables <b>Vegetable Supreme Pizza with Dough Balls</b> ✓ Cheesy tomato topped pizza slice topped with sweetcorn & peppers	<b>Jacket Potato</b> ✓ with a choice of fillings <b>Tomato Pasta</b> ✓ Fresh, homemade tomato and basil sauce with penne pasta	<b>SIDES...</b> Sweetcorn and Fresh Broccoli <b>PICK A PUD!</b> Raspberry Yoghurt Cake or Fruit & Yoghurt
	<b>Sausage and Mash with Gravy</b> Traditional pork sausage and mash with gravy <b>Quorn Bolognese</b> ✓ Fusilli pasta in a tomato and Quorn sauce	<b>Jacket Potato</b> ✓ with a choice of fillings <b>Tomato Pasta</b> ✓ Fresh, homemade tomato and basil sauce with penne pasta	Garden Peas and Fresh Carrots Fruit & Yoghurt
	<b>Roast Chicken with Roast Potatoes and Gravy</b> Roast chicken with roasties and tasty gravy <b>Country Vegetable Pie with Roast Potatoes &amp; Gravy</b> ✓ Creamy vegetable pie with a shortcrust topper	<b>Jacket Potato</b> ✓ with a choice of fillings <b>Tomato Pasta</b> ✓ Fresh, homemade tomato and basil sauce with penne pasta	Fresh Carrots and Fresh Cabbage Flapjack with Fresh Cut Fruit Slices or Fruit & Yoghurt
	<b>Pasta Bolognese</b> ✓ A classic Italian beef bolognese in a tomato and beef sauce <b>Mild Chickpea &amp; Potato Curry with a Rice Side</b> ✓ A tasty chickpea and potato masala	<b>Jacket Potato</b> ✓ with a choice of fillings <b>Tomato Pasta</b> ✓ Fresh, homemade tomato and basil sauce with penne pasta	Sweetcorn and Fresh Broccoli & Cauliflower Medley Chocolate Brownie or Fruit & Yoghurt
	<b>Golden Fish Fingers and Chips</b> Crispy fish fingers and chips <b>Beany Burger and Chips</b> ✓ A delicious homemade beany burger	<b>Jacket Potato</b> ✓ with a choice of fillings <b>Tomato Pasta</b> ✓ 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](mailto:specialdiets@compass-group.co.uk) for more information  
 East Sussex County Council.  
 Email: [school.catering@eastsussex.gov.uk](mailto:school.catering@eastsussex.gov.uk)



**Food Super Heroes Menu**

**£2.10**

**YOUR FAVOURITES** available every day

**OUR NEW MENU!** chosen by our parents and children

**THREE WEEK MENU**  
**SPRING/SUMMER 2021**

Chartwells

East Sussex County Council

Special dietary requirements can be catered for

WEEK 1

HOT SPECIALS...

DAILY FAVES...






























03/05 24/05 21/06 12/07































WEEK 2

HOT SPECIALS...

DAILY FAVES...

19/04 10/05 07/06 28/06  
19/07

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

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

-  Vegetarian
-  Oily fish
-  Wholegrain
-  Fruity!

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

Available every day!

