

All you need to know about Chartwells School Meals, West Sussex



2020/2021


Chartwells
EAT LEARN LIVE

School Meal Menu

	HOT SPECIALS...	DAILY FAVES...	WEEK 3 W/6: 07/09, 28/09, 19/10, 09/11, 30/11, 21/12, 11/01, 01/02, 22/02, 15/03, 05/04
MONDAY	Chicken Korma with Rice Chicken in a tasty mild curry sauce with rice ***** Cheese & Tomato Pizza Deep pan pizza with a cheese & tomato topping	Jacket Potato with baked beans	SIDES... Mixed Vegetables or Salad PICK A PUDD! Apple & Mango Dazzle Cake ***** Fruit Salad
TUESDAY	Cheese & Tomato Pizza Deep pan pizza with a cheese & tomato topping ***** Salmon & Broccoli Pasta Salmon flakes with broccoli & sweetcorn in a white pasta sauce	Jacket Potato with Quorn bolognese	Green Beans or Salad Oat & Honey Shortbread ***** Fruit Salad
WEDNESDAY	Roast Gammon with Roast Potatoes & Gravy Veggie Sausage & Mash with Gravy Quorn sausages & mash with vegetarian gravy	Jacket Potato with cheese	Seasonal Cabbage & Carrot Mix Melon & Orange Cocktail ***** Fruit Salad
THURSDAY	Beef Burger in a Bun with Baked Beans Beef burger with optional ketchup ***** Butternut Squash & Chickpea Curry with Rice Chunky vegetables in a mild korma sauce	Jacket Potato with tuna & cucumber mayo	Peas & Sweetcorn or Salad Yoghurt & Fruit Slices ***** Fruit Salad
FRIDAY	Fish & Chips Traditional battered fish ***** Veggie Nuggets & Chips Squid breaded Quorn nuggets	Jacket Potato with cheese	Baked Beans or Salad Banana Marble Cake ***** Fruit Salad

There's a variation of meat or fish options

Every day, there is a **VEGETABLE** or **SALAD** side

Every day, fruit salad is available alongside other yummy desserts

THURSDAY

Beef Burger in a Bun with Baked Beans
 Beef burger with optional ketchup

Butternut Squash & Chickpea Curry with Rice
 Chunky vegetables in a mild korma sauce

Jacket Potato
 with tuna & cucumber mayo

Peas & Sweetcorn
 or
 Salad

Yoghurt & Fruit Slices

Fruit Salad

*Brown malted bloomer bread is on offer every day, too!

Every day, there is a **VEGETARIAN** option

Every day, there is an alternative e.g. jacket potato with a tasty filling

Steamplicity



The patented Steamplicity system uses **steam** to cook food and **minimise vitamin and nutrition loss**.



Steamplicity's pressure release valve **controls the pressure** to produce a perfectly cooked meal.

Taste test APPROVED



Before featuring on our menus, all new Steamplicity meals are **tried, tested and approved** by children in West Sussex schools to make sure our nutritious meals are enjoyed by all!

Universal Infant Free School Meals

Since September 2014, children in reception and years 1 & 2 are entitled to **FREE school meals** through the Government's 'Universal Infant Free School Meals' initiative.

So who are we? We're Chartwells and are responsible for preparing your children's tasty meals. We love to help children discover and learn about the food they eat, where it comes from and how it's prepared. It's great fun for them and us!

You could
save over
£400*
per child per year

*This saving will depend on the cost of a meal at your school.

Lovingly prepared,
tasty and nutritious
school meals.

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

Is your child in
Reception, Year 1
or Year 2?

If yes, their
school meals are
FREE!

Free School Meals

In Years 3, 4, 5 & 6, you may be entitled to **FREE SCHOOL MEALS** if you are receiving one of the following benefits:

- ✓ Income Support
- ✓ Income-based Jobseeker's Allowance
- ✓ Income-related Employment and Support Allowance
- ✓ Support under Part VI of the Immigration and Asylum Act 1999
- ✓ The Guarantee element of State Pension Credit
- ✓ Universal Credit
- ✓ Child Tax Credit
- ✓ Working Tax Credit 'run-on'



<https://www.gov.uk/apply-free-school-meals>

School Food Standards

The **Government** sets standards by LAW about what food we can serve to children at school, and sets the portion sizes.

For example:

- ✓ One or more portions of **vegetable/salad** every day
- ✓ One or more portions of **fruit** every day
- ✓ No more than 2 portions of **deep fried/battered/ bread crumbed food** each week
- ✓ **Oily fish** once every 3 weeks
- ✓ **Starchy foods** cooked in oil no more than 2 days per week




The School Food Standards ensure that when menus are developed, they are considerate of children's nutritional needs!


Healthy Eating




West Sussex menus are **independently accredited** by LACA to be School Food Standard compliant



Wholegrains included in the menu to increase fibre intake



West Sussex desserts have had a **70% reduction** in sugar, exceeding the PHE 20% benchmark!



At least twice a week, the dessert contains a minimum of **50% fruit**



Minimum of **2 of your 5** a day per meal



Chartwells has a team of nutritionists who work hard to make sure our meals are **healthy & balanced!**



Only **1.6%** of primary school packed lunches meet the Governments School Food Standards that **not school meals are required to meet!**

My child has an allergy - can they eat?

YES!

✓ Our dedicated team of nutritionists create menus for children who suffer with allergies or require a special/medical diet.

✓ A special diet is a requirement different to the choices offered within the menu cycle, which is medically required.

✓ For medically required diets, all Special Diet Request Forms are to be supported by a medical evidence confirming the requirement. Send to westsussexspecialdiets@compass-group.co.uk

Our meals
are
entirely
nut free

How to sign up to school meals?

EASY!

Ask in your school reception for more information about how to sign up to school meals.

Save
£400 a
year per
child

Where can I find the menu?

Visit the Love School Meals website:

westsussex.mealselector.co.uk

FAQs?



Can we switch between a packed lunch and a school meal?

Please check with your school before placing orders as some schools have individual policies. Don't forget school meals are free to those children in KS1!



My child is a fussy eater. Will they be able to get a meal they like?

Menus are on your school website for parents to talk through with children about daily food choices. Our menu is on a 3 week cycle with 2-3 options each day.

Our research shows that children will often try new foods when their friends are eating the same items, this often leads to pupils enjoying more foods leading to a wider and more varied diet.

westsussex.mealselector.co.uk