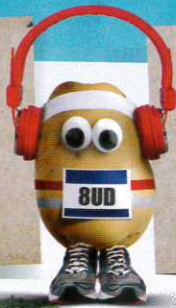


Barry

Barry the Beans packs a mighty protein punch! He's a real bodybuilder, using his muscle power to help build the team's energy and spirit.



Bud 'n' Jud

Bud 'n' Jud the Spuds are big, but they're bursting with energy thanks to their carbohydrate super-power. When there's hard physical work ahead, Bud 'n' Jud are raring to go!



Silvertop

Silvertop's super-charged calcium levels give him his super-strong bones. Our heroes can always rely on him during their adventures.



Brains

Packed full of iron to help growing minds work better, Brains the Broccoll is always on the ball to hatch perfect plans for the team.



Meet the

Food Super Heroes

Hydra

Hydra is always working hard to fight off evil toxins that stop the team from performing at their best. She never rests, rarely makes mistakes and her powers of concentration are immense!



Who is your favourite?

Boss

The leader of the team, Boss the Banana's fibre helps keep everything running smoothly. When our team gets stuck, the Boss is always around to get things moving again.



The Pasta Pack

The Pasta Pack are an unruly bunch, each with their own unique personality. Their wholegrain powers make them passionate with strong hearts, and they'll stop at nothing to defend the team.



Doc

Doc the Kiwi knows just what the team needs to keep on top of its game. She helps our heroes stay healthy by boosting their immune systems and preventing illness.



Casey

Casey the Carrot's superhero levels of vitamins keep her eyes sharp... even in the dark! She's always looking out for the team.



Food Super Heroes Menu



Contact us:
Chartwells, 1st Floor Offices, 46 High Street
Heathfield, East Sussex, TN21 8HS
Tel: 01435 865310
Special Diet enquiries: specialdiets@compass-group.co.uk

If you have any queries regarding Universal
Infant Free School Meals, please contact Contracts
Management Team at East Sussex County Council
Email: school.catering@eastsussex.gov.uk
Tel: 01273 482520 / 482934



Week one

Week Commencing - 22nd February, 14th March

Monday

Beef Burger in a Bun & Wedges
Burger served in a soft seedless bap and oven baked wedges

On the side..
Coleslaw
Garden Peas

Shepherdess Pie (v)
Vegetarian alternative to shepherds pie, made with vegetarian mince & topped with fluffy mashed potato

For Dessert..
Fruit Flapjack

Tuesday

Chicken Italian & Wholegrain Rice
Diced fresh chicken marinated and served in a tomato based sauce

On the side..
Fresh Broccoli
Sweetcorn

Macaroni Cheese (v)
Classic short cut macaroni served in a creamy cheese sauce

For Dessert..
Apple Cracknell with Custard

Wednesday

Roast Pork
Traditionally roasted sliced pork served with crispy roast potatoes & gravy

On the side..
Fresh Carrots
Fresh Cauliflower

Quorn Roast (v)
Sliced roasted Quorn served with crispy roast potatoes & gravy

For Dessert..
Fruit in Jelly

Thursday

Chicken & Broccoli Pasta Bake
Diced fresh chicken, broccoli, herbs, onion & tomatoes mixed with penne pasta & topped with grated cheese

On the side..
Roasted Veg
Garden Peas

Sweet Potato & Squash Stew (v)
A mix of sweet potato, butternut squash, onions, lentils, carrots & herbs in a simmering stew served with wholegrain rice

For Dessert..
Pineapple Upside Down Pudding & Custard

Friday

Salmon Goujons with Chips
Crispy crumb covered salmon strips

On the side..
Sweetcorn
Baked Beans

Cheddar Cheese & Tomato Tart with Chips (v)
A delicious mix of cheese, onions, egg, herbs & tomatoes served in a pastry case

For Dessert..
Chocolate & Banana Muffin

Week two

Week Commencing - 29th February, 21st March

Pizza & Wedges (v)
Freshly baked cheddar cheese & tomato topped pizza finished with sweetcorn & mixed peppers served with oven baked wedges

On the side..
Sweetcorn
Fresh Carrots

Quorn Bolognese with Wholemeal Pasta (v)
A vegetarian alternative to the popular bolognese dish served with spaghetti

For Dessert..
Mandarin Chocolate Sponge & Custard

Shepherds Pie
Traditional favourite of Farm Assured lamb mince, onions & lentils topped with fluffy mashed potato

On the side..
Fresh Cauliflower
Garden Peas

Mexican Rice & Beans in a Tortilla Wrap (v)
A tasty mexican dish with wholegrain rice & kidney beans served in a tortilla wrap with a side of salsa

For Dessert..
Carrot & Pineapple Muffin

Roast Beef
Traditionally roasted sliced beef served with crispy roast potatoes & gravy

On the side..
Fresh Carrots
Fresh Cabbage

Cheesy Hotpot (v)
A warming vegetarian dish with layers of vegetables in a cheesy sauce

For Dessert..
Peaches & Ice Cream

Chinese Chicken with Noodles
Delicious diced fresh chicken, onions, garlic and Chinese five spice served on a bed of egg noodles

On the side..
Sweetcorn
Fresh Broccoli

Vegetable Lasagne with Herby Bread (v)
Vegetarian alternative to the classic lasagne made with fresh vegetables & served with a freshly made wedge of herby bread

For Dessert..
Sticky Toffee Pudding & Custard

Battered Fish with Chips
Crispy Battered Pollock Fillet

On the side..
Garden Peas
Baked Beans

Quorn Burger in a Bun with Chips (v)
Popular Quorn burger served in a soft seedless bap

For Dessert..
Oat Cookie with Fruit Slices

Week three

Week Commencing - 7th March

Sausages with Mashed Potatoes & Gravy
Farm Assured pork sausages served with fluffy mashed potato

On the side..
Fresh Carrots
Garden Peas

Spicy Bean Hotpot with Mashed Potatoes (v)
A tasty warming hotpot dish with mild chilli powder

For Dessert..
Carrot Cake with Citrus Frosting

Italian Beef Bolognese
Traditional mince beef, onion, garlic, tomatoes & herbs served with wholemeal pasta

On the side..
Fresh Broccoli
Coleslaw

Margherita Pizza (v)
Freshly prepared & oven baked cheese & tomato pizza served with seasonal rice

For Dessert..
Gingerbread with Lemon Custard

Roast Turkey
Traditionally roasted sliced turkey breast served with crispy roast potatoes & gravy

On the side..
Fresh Carrots
Fresh Cabbage

Vegetarian Sausages with Gravy (v)
Oven baked Linda McCartney veggie sausages served with crispy roast potatoes

For Dessert..
Chocolate Ice Cream Pot

Chicken Fajitas with Cous Cous
Diced fresh chicken, herbs, garlic, tomatoes & mixed peppers served in a flour tortilla

On the side..
Roasted Veg
Garden Peas

Neapolitan Beany Pasta (v)
A popular five bean dish, served with pasta spirals

For Dessert..
Banana & Apple Crumble with Custard

Fishfingers with Chips
Whole fillet white fish fingers in golden breadcrumbs

On the side..
Sweetcorn
Baked Beans

Cheese Whirl with Chips (v)
Creamy mashed potato, cheese, herbs & onions all rolled into a delicious whirl

For Dessert..
Shortbread with Fruit Slices



School meals are free to all pupils in reception, year one & year two.

Contact us:
01435 865310



If you don't fancy a dessert, you can always enjoy fresh fruit or yoghurt.



Jacket Potatoes with various fillings available daily.

