



YOUR NEW MIDDLE SCHOOL MENU

EAT
LEARN
LIVE



entrust
Inspiring Futures

in
partnership
with


Chartwells
EAT LEARN LIVE



Middle Schools Menu

WEEK 1

W/C 22nd Feb, 14th Mar, 18th Apr, 9th May, 6th Jun, 27th Jun, 18th July, 19th Sept, 10 Oct

MONDAY Spice Connection	Choose a main meal... Twist and Shout Salmon & Vegetable Pasta	on the side... Garden Peas & Carrots
	Chicken Korma with Fragrant Rice	for dessert... Apple Cracknell with Custard Cooks Homemade Traybake
TUESDAY Best of British	Choose a main meal... Chicken & Sweet Corn Pie and Mashed Potatoes	on the side... Broccoli & Swede
	Cottage Pie	for dessert... Fruit in Jelly Cooks Homemade Traybake
WEDNESDAY Zona Mexicana	Choose a main meal... Roast Pork with Roast Potatoes & Gravy	on the side... Carrots & Cauliflower
	Chicken Fajita Wrap with Baked Wedges	for dessert... Pineapple Upside Down Cooks Homemade Traybake
THURSDAY Taste of Italy	Choose a main meal... Mexican Organic Beef Chilli with Wholemeal Rice	on the side... Garden Peas & Roasted Vegetables
	Handmade Margherita Pizza	for dessert... Wild Berry Fool Cooks Homemade Traybake
FRIDAY American Feast	Choose a main meal... Golden Fish Fillet Fingers with Chips	on the side... Baked Beans, Garden Peas & Carrots
	Urban Hot Dogs with a Choice of Toppings	for dessert... Chocolate & Banana Muffin Cooks Homemade Tray bake
	Macaroni Cheese	
	Harvest Chicken Caserole	

WEEK 2

W/C 29th Feb, 21th Mar, 25th Apr, 16th May, 13th Jun, 4th Jul, 5th Sept, 26 Sept, 17 Oct

MONDAY Spice Connection	Choose a main meal... Cheese & Tomato Pizza Wedge with Pasta Salad	on the side... Sweetcorn & Carrots
	Sweet & Sour Chicken with Noodles	for dessert... Mandarin & Chocolate Sponge with Custard Cooks Homemade Traybake
TUESDAY Best of British	Choose a main meal... Roast Beef with Roast Potatoes & Gravy	on the side... Garden Peas & Creamed Swede
	Staffordshire Lobby	for dessert... Peachy Fruit Delight Cooks Homemade Traybake
WEDNESDAY Zona Mexicana	Choose a main meal... Sweet & Sour Chicken with Steamed Rice	on the side... Carrots & Broccoli
	Chipotle BBQ Pork	for dessert... Wholemeal Orange Triangles Cooks Homemade Traybake
THURSDAY Taste of Italy	Choose a main meal... Roast Pork with Mashed Potatoes, Apple Sauce & Gravy	on the side... Sweetcorn & Spring Cabbage
	Three Cheese Tortellini with Tomatoes	for dessert... Sticky Toffee & Banana Pudding with Custard Cooks Homemade Traybake
FRIDAY American Feast	Choose a main meal... Crispy Battered Fillet of Fish with Chips	on the side... Baked Beans, Garden Peas & Carrots
	The Ultimate Healthy Cheese Burger	for dessert... Giant Crunchy Cookie with Pineapple Rings Cooks Homemade Traybake
	Spanish Omelette with Chips	
	Tuna and Cheese Wrap	

Baked Jacket Potato, Seasonal Salad Selection and Sandwiches with a Choice of Fillings.

WEEK 3

W/C 7th Mar, 11th Apr, 2nd May, 23rd May, 20th Jun, 11th Jul, 12th Sept, 3rd Oct

MONDAY Spice Connection	Choose a main meal... Staffordshire Sausages with Mashed Potatoes and Gravy	on the side... Garden Peas & Carrots
	Thai Chicken Curry with Steamed Rice	for dessert... Fruity Yoghurt Crunch Cooks Homemade Traybake
TUESDAY Best of British	Choose a main meal... Italian Organic Beef Bolognese with Wholewheat Pasta	on the side... Broccoli & Sweetcorn
	Organic Beef Minced Beef and Dumplings	for dessert... Oaty Fruit Crumble with Custard Cooks Homemade Traybake
WEDNESDAY Zona Mexicana	Choose a main meal... Roast Turkey with Creamed Potatoes & Gravy	on the side... Carrots & Seasonal Cabbage Seasonal Salad Selection
	Tex Mex Organic Beef and Bean Burrito	for dessert... Apple Pie with Custard Cooks Homemade Traybake
THURSDAY Taste of Italy	Choose a main meal... All Day Breakfast with Baked Wedges	on the side... Baked Beans Roasted Vegetables
	Organic Traditional Beef Lasagne with Garlic Bread	for dessert... Apricot Fruit Swirls with Custard Cooks Homemade Traybake
FRIDAY American Feast	Choose a main meal... Golden Fish Fillet Fingers with Chips	on the side... Garden Peas & Carrots Sweetcorn
	BBQ Pulled Pork Burger with Chips	for dessert... Marble Cake with Fruit Compote Cooks Homemade Traybake
	Shepherdess Pie	
	Lemon Turkey Pitta Pockets	

our commitment to HEALTHY EATING IN OUR SCHOOLS

Our commitment to healthy eating in our schools is still as strong as ever. We go along way to ensure that children eat well and understand the importance of a health diet and lifestyle.

We can adapt our menus to meet special dietary requirements so that school meals can be enjoyed by all children.

We're proud that all our menus meet or exceed Government food and nutrition standards.

We deliver fun and engaging sessions that help educate children in the importance of a balanced diet and lifestyle.

Wherever possible we minimise and eliminate food additives in the school meals we serve.

The rigour in our sourcing means that we can trace all our products back to source.

Our very own team of nutritionists develop all our menus to ensure balanced and healthy choices.

If you would like to know more about our school meals, contact: ChartwellsEnquires@compass-group.co.uk

Cool drinking water, yoghurt and fresh fruit available daily. This menu is compliant with the school food standards. We encourage pupils to enjoy a healthy balanced diet. Chartwells can cater for many special dietary requirements. Please speak to the Catering Manager if you have any questions.

