

Steamplicity
Spring/Summer
2019

Food Super Heroes Menu

You could
save over
£430.00
per child per year

We engage
with children
through fun
food activities.

FREE
Super Hero school
meals for every
child in reception
and years 1 & 2

Welcome to our West Sussex lunch menu. As well as having some exciting new meals to try, our executive chefs have been listening to our young customers and updating some of our traditional favourites. In addition to providing tasty and nutritious food you can also be safe in the knowledge that it is sustainably sourced with meat from British quality assured farms, fish from sustainable fisheries and all our eggs are free range, Fairtrade products are used when possible.

Lovingly prepared,
tasty and nutritious
school meals.

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



To order
Visit us at www.mealselector.co.uk, email 73041@compass-group.co.uk or phone 01243 836130.
To report sickness on the day of your meal booking, please call by 10.30am on 01243 773239 (messages only)
For more information on special diets, please contact westsussexspecialdiets@compass-group.co.uk

Week one

29/04 20/05 10/06 01/07 22/07 12/08 02/09 23/09 14/10

Monday

Choose a main meal...
Cheese & Tomato Pasta v
Beef Meatballs & Rice
Jacket Potato with Tuna Mayo

on the side...
Peas
Salad

for dessert...
Yoghurt & Granola
Fruit Salad

Tuesday

Choose a main meal...
Chicken Korma & Rice
Quorn Sausage Casserole v
Jacket Potato with Cheese v

on the side...
Green Beans
Salad

for dessert...
Muesli Flapjack
Fruit Salad

Wednesday

Choose a main meal...
Roast Ham in Gravy with Roast Potatoes
Cauliflower & Sweetcorn Bake with Roast Potatoes v
Jacket Potato with Baked Beans v

on the side...
Spring Vegetables

for dessert...
Apricot Shortbread
Fruit Salad

Thursday

Choose a main meal...
Beef Pasta Bolognese
Mild Bean Chilli & Rice vg
Jacket Potato with Cheese v

on the side...
Rainbow Vegetables
Salad

for dessert...
Apple & Mango Drizzle Cake
Fruit Salad

Friday

Choose a main meal...
Fish & Chips
Quorn Burger in a Bun & Chips v
Jacket Potato with Baked Beans v

on the side...
Sweetcorn & Peas
Salad

for dessert...
Yoghurt with Apple & Melon Slices
Fruit Salad

Week two

06/05 27/05 17/06 08/07 29/07 19/08 09/09 30/09 21/10

Choose a main meal...
Macaroni Cheese v
Salmon Paella
Jacket Potato with Tuna Mayo

on the side...
Rainbow Vegetables
Salad

for dessert...
Muesli Flapjack
Fruit Salad

Choose a main meal...
Cheese & Tomato Pizza v
Mild Beef Chilli & Rice
Jacket Potato with Baked Beans v

on the side...
Peas & Sweetcorn
Salad

for dessert...
Yoghurt with Apple Slices
Fruit Salad

Choose a main meal...
Roast Chicken in Gravy with Roast Potatoes
Quorn Sausage in Gravy & Roast Potatoes v
Jacket Potato with Cheese v

on the side...
Spring Vegetables

for dessert...
Toffee Apple Muffin
Fruit Salad

Choose a main meal...
Beef Burger in a Bun with Cubed Potatoes
Bean & Potato Hotpot vg
Jacket Potato with Tuna Mayo

on the side...
Sweetcorn
Salad

for dessert...
Yoghurt & Granola
Fruit Salad

Choose a main meal...
Fish & Chips
Quorn Balls in BBQ Tomato Sauce & Chips v
Jacket Potato with Cheese v

on the side...
Peas
Salad

for dessert...
Cranberry Shortbread
Fruit Salad

Week three

22/04 13/05 03/06 24/06 15/07 05/08 26/08 16/09 07/10 28/10

Choose a main meal...
Chicken Jambalaya
Veggie Pasta Bolognese v
Jacket Potato with Baked Beans v

on the side...
Green Beans
Salad

for dessert...
Yoghurt & Granola with Apple Slices
Fruit Salad

Choose a main meal...
Sausage, Mash & Gravy
Butternut Squash & Chickpea Curry & Rice vg

on the side...
Peas
Salad

for dessert...
Apricot Shortbread
Fruit Salad

Choose a main meal...
Roast Beef in Gravy with Roast Potatoes
Quorn Balls in Gravy with Roast Potatoes v
Jacket Potato with Cheese v

on the side...
Spring Vegetables

for dessert...
Yoghurt & Granola
Fruit Salad

Choose a main meal...
Cheese & Tomato Pizza v
Mediterranean Rice & Beans vg
Jacket Potato with Baked Beans v

on the side...
Sweetcorn & Peas
Salad

for dessert...
Chocolate & Pear Marbled Sponge & Custard
Fruit Salad

Choose a main meal...
Fish & Chips
Veggie Burger in a Bun & Chips v
Jacket Potato with Cheese v

on the side...
Baked Beans
Salad

for dessert...
Toffee Apple Muffin
Fruit Salad

All our milk is Red Tractor approved



WE BUY 95% of our seasonal vegetables direct from British growers



ALL OUR BEEF is from THE UK OR IRELAND

FRESH SALAD IS AVAILABLE ON A DAILY BASIS

REDUCING OUR CARBON FOOTPRINT OVER 30% of our products are transported by vehicles that run on biodiesel

Chilled water, milk, salad and bread are available daily.
All paid meals to be ordered one full week in advance of the entire week they are required, either on-line by midnight Sunday or via telephone by 3pm Friday.
Terms and conditions apply. Please see our website or contact us for more information. Menu items are subject to availability.



v - vegetarian vg - Vegan

WE SUPPORT 82 BRITISH DAIRY FARMS



We only use Lion Quality British Eggs



FARM TO FORK We can trace every cut of meat back to the farms of origin

Fresh Bloomer Bread

available every day



All our bananas are FAIRTRADE

