

Autumn 2019 /
Winter 2020

Food

Super Heroes

Menu

FREE

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

You could
save over
£400*
per child per year

We engage
with children
through fun
food activities.

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!

*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.

William Hogarth Primary School Menu - AW 2019-2020
For Chartwells please ring 020 8751 4115


Chartwells
EAT LEARN LIVE

Week one

28/10 18/11 09/12 30/12 20/01 10/02 02/03 23/03

Monday

Choose a main meal...

Mac 'N' Cheese √ (M) (H)
Mexican Bean & Potato
Wrap with Rice** √ (V)

on the side...

Broccoli & Cauliflower
Medley

Green Beans

for dessert...

Chocolate Slice or Fresh
Fruit or Yoghurt

Tuesday

Choose a main meal...

Chinese Chicken Noodles
(M) (H)
Cheese & Tomato Pizza**
√ (V)

on the side...

Garden Peas
Carrots

for dessert...

Orange Drizzle Cake or
Fresh Fruit or Yoghurt

Wednesday

Choose a main meal...

Roast Gammon (M) or
Roast Chicken (H) with
Roast Potatoes & Gravy
Quorn Roast with Roast
Potatoes & Gravy √ (V)

on the side...

Carrots
Cabbage

for dessert...

Shortbread Biscuit or Fresh
Fruit or Yoghurt

Thursday

Choose a main meal...

Traditional Beef Lasagne
with Garlic & Herb Bread**
(M) (H)
Quorn Balls in Tomato
Sauce with Pasta** √ (V)

on the side...

Sweetcorn
Mediterranean Vegetables

for dessert...

Banana & Berry Cobbler
with Custard or Fresh Fruit
or Yoghurt

Friday

Choose a main meal...

Cajun Salmon Wrap with
Chips (M) (H)
Jacket Potato with Cheese
& Baked Beans √ (V)

on the side...

Garden Peas
Baked Beans

for dessert...

Peach & Chocolate
Sponge or Fresh Fruit or
Yoghurt

Week two

04/11 25/11 16/12 06/01 27/01 17/02 09/03 30/03

Choose a main meal...

Tomato & Mozzarella
Pizza** √ (V)
Jacket Potato with Veggie
Chilli √ (V)

on the side...

Sweetcorn
Broccoli

for dessert...

Mango Frozen Yoghurt
or Fresh Fruit or Yoghurt

Choose a main meal...

Chinese Chicken with
Rice** (M) (H)
Spaghetti Bake √ (V)

on the side...

Garden Peas
Roasted Peppers &
Sweetcorn

for dessert...

Plum & Apple Shortcake
Crumble with Custard or
Fresh Fruit or Yoghurt

Choose a main meal...

Roast Chicken with Roast
Potatoes & Gravy (M) (H)
Sweet Potato & Chickpea
Roast with Roast Potatoes
& Gravy √ (V)

on the side...

Roast Parsnip
Carrots

for dessert...

Flapjack with Fruit Slices or
Fresh Fruit or Yoghurt

Choose a main meal...

BBQ Beef Meatballs with
Pasta** (M) (H)
Matar Paneer with Rice** √
(V)

on the side...

Green Beans
Broccoli & Cauliflower
Medley

for dessert...

Chocolate Cake or Fresh
Fruit or Yoghurt

Choose a main meal...

Fish Fingers & Chips (M) (H)
Caramelised Red Onion &
Mozzarella Tart with Chips
√ (V)

on the side...

Garden Peas
Baked Beans

for dessert...

Raspberry Yoghurt Cake or
Fresh Fruit or Yoghurt

Week three

11/11 02/12 23/12 13/01 03/02 24/02 16/03 06/04

Choose a main meal...

Tomato & Mozzarella
Pizza** √ (M) (H)
Dhal & Rice** √ (V)

on the side...

Carrots
Garden Peas

for dessert...

Creamy Baked Orange &
Vanilla Rice Pudding or
Fresh Fruit or Yoghurt

Choose a main meal...

Pork Sausages with Mash
Potato & Gravy (M) or
Chicken Korma with Rice**
(H)

on the side...

Roasted Peppers &
Sweetcorn

Green Beans

for dessert...

Oatie Biscuit with Fruit
Slices or Fresh Fruit or
Yoghurt

Choose a main meal...

Roast Turkey with Roast
Potatoes & Gravy (M) (H)
Veggie Pastry Slice with
Roast Potatoes & Gravy √
(V)

on the side...

Cabbage
Carrot & Swede Mash

for dessert...

Strawberry Frozen Yoghurt
or Fresh Fruit or Yoghurt

Choose a main meal...

Beef Bolognese** (M) (H)
Jacket Potato with Cheese
& Beans √ (V)

on the side...

Broccoli
Mediterranean Vegetables

for dessert...

Chocolate & Raspberry
Swirl Cake with Custard or
Fresh Fruit or Yoghurt

Choose a main meal...

Crispy Fish with Chips (M)
(H)
Quorn Wrap with Chips √
(V)

on the side...

Garden Peas
Baked Beans

for dessert...

Banana & Cinnamon Cake
or Fresh Fruit or Yoghurt

All our
milk is Red
Tractor
approved



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



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

(M)=Main, (H)=Halal, (V)=Vegetarian, √=Suitable for Vegetarian, **=Wholegrain

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

ALL OUR
BREAD IS
FRESHLY BAKED
EVERY DAY

FAIRTRADE
All our
bananas are
FAIRTRADE

