

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.

Cherry Tree Primary School Menu - AW 2019 - 2020

  
**Chartwells**  
EAT LEARN LIVE

## Week one

04/11 25/11 16/12 20/01 10/02 09/03 30/03

Monday

Choose a main meal...

Chicken Tikka Masala with Rice\*\* (M)  
Cheese & Tomato Pizza\*\* with Potato Wedges ✓ (V)  
Jacket Potato with a Choice of Fillings ✓ (A)

on the side...

Broccoli & Cauliflower Medley  
Green Beans  
**for dessert...**  
Chocolate Slice or Yoghurt or Fresh Fruit

Tuesday

Choose a main meal...

Chinese Chicken Noodles (M)  
Mac 'N' Cheese ✓ (V)  
Jacket Potato with a Choice of Fillings ✓ (A)

on the side...

Garden Peas  
Carrots  
**for dessert...**  
Orange Drizzle Cake or Yoghurt or Fresh Fruit

Wednesday

Choose a main meal...

Roast Gammon with Roast Potatoes & Gravy (M)  
Quorn Roast with Roast Potatoes & Gravy ✓ (V)  
Jacket Potato with a Choice of Fillings ✓ (A)

on the side...

Carrots  
Cabbage  
**for dessert...**  
Shortbread Biscuit or Yoghurt or Fresh Fruit

Thursday

Choose a main meal...

Beef Tortilla Pie with Rice\*\* (M)  
Veggie Pizza Hot Dog with Potato Wedges ✓ (V)  
Jacket Potato with a Choice of Fillings ✓ (A)

on the side...

Sweetcorn  
Mediterranean Vegetables  
**for dessert...**  
Banana & Berry Cobbler with Custard or Yoghurt or Fresh Fruit

Friday

Choose a main meal...

Fish Fingers with Chips (M)  
Cheese & Sweetcorn Omelette with Chips ✓ (V)  
Jacket Potato with a Choice of Fillings ✓ (A)

on the side...

Baked Beans  
Garden Peas  
**for dessert...**  
Peach & Chocolate Sponge or Yoghurt or Fresh Fruit

## Week two

11/11 02/12 06/01 27/01 24/02 16/03

Choose a main meal...

Spaghetti Beef Bolognese Bake ✓ (M)  
Cheese & Tomato Pizza\*\* with Potato Wedges ✓ (V)  
Jacket Potato with a Choice of Fillings ✓ (A)

on the side...

Sweetcorn  
Broccoli  
**for dessert...**  
Mango Frozen Yoghurt or Yoghurt or Fresh Fruit

Choose a main meal...

Chinese Chicken with Rice\*\* (M)  
Chinese Vegetable Noodles\*\* ✓ (V)  
Jacket Potato with a Choice of Fillings ✓ (A)

on the side...

Garden Peas  
Roasted Peppers & Sweetcorn  
**for dessert...**  
Plum & Apple Shortcake Crumble with Custard or Yoghurt or Fresh Fruit

Choose a main meal...

Roast Pork with Roast Potatoes & Gravy (M)  
Sweet Potato & Chickpea Roast with Roast Potatoes & Gravy ✓ (V)  
Jacket Potato with a Choice of Fillings ✓ (A)

on the side...

Roast Parsnip  
Carrots  
**for dessert...**  
Flapjack with Fruit Slices or Yoghurt or Fresh Fruit

Choose a main meal...

BBQ Beef Meatballs (M)  
Butternut Squash & Tomato Bake with Rice\*\* ✓ (V)  
Jacket Potato with a Choice of Fillings ✓ (A)

on the side...

Green Beans  
Broccoli & Cauliflower Medley  
**for dessert...**  
Chocolate Cake or Yoghurt or Fresh Fruit

Choose a main meal...

Fish Fingers with Chips (M)  
Caramelised Red Onion & Mozzarella Tart with Chips ✓ (V)  
Jacket Potato with a Choice of Fillings ✓ (A)

on the side...

Baked Beans  
Garden Peas  
**for dessert...**  
Raspberry Yoghurt Cake or Yoghurt or Fresh Fruit

## Week three

18/11 09/12 13/01 03/02 02/03 23/03

Choose a main meal...

Chicken & Vegetable Pie with Potato Wedges ✓ (M)  
Cheese & Tomato Pizza\*\* with Potato Wedges ✓ (V)  
Jacket Potato with a Choice of Fillings ✓ (A)

on the side...

Carrots  
Garden Peas  
**for dessert...**  
Creamy Baked Orange & Vanilla Rice Pudding or Yoghurt or Fresh Fruit

Choose a main meal...

Pork Sausages with Mash Potato & Gravy (M)  
Vegetarian Sausages with Mash Potato & Gravy ✓ (V)  
Jacket Potato with a Choice of Fillings ✓ (A)

on the side...

Roasted Peppers & Sweetcorn  
Green Beans  
**for dessert...**  
Oatie Biscuit with Fruit Slices or Yoghurt or Fresh Fruit

Choose a main meal...

Roast Turkey with Roast Potatoes & Gravy (M)  
Vegetable Pastry Slice with Roast Potatoes & Gravy ✓ (V)  
Jacket Potato with a Choice of Fillings ✓ (A)

on the side...

Cabbage  
Carrot & Swede Mash  
**for dessert...**  
Strawberry Frozen Yoghurt or Yoghurt or Fresh Fruit

Choose a main meal...

Beef Burger in a Bun with Potato Wedges (M)  
Mild Sweet Potato Curry with Rice\*\* ✓ (V)  
Jacket Potato with a Choice of Fillings ✓ (A)

on the side...

Broccoli  
Mediterranean Vegetables  
**for dessert...**  
Chocolate & Raspberry Swirl Cake with Custard or Yoghurt or Fresh Fruit

Choose a main meal...

Crispy Fish with Chips (M)  
Tomato & Quorn Wrap with Chips ✓ (V)  
Jacket Potato with a Choice of Fillings ✓ (A)

on the side...

Garden Peas  
Baked Beans  
**for dessert...**  
Banana & Cinnamon Cake or Yoghurt or Fresh Fruit

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

Cherry Tree Primary School Menu - AW 2019 - 2020  
(M)=Main, (V)=Vegetarian, (A)=Alternative, ✓=Suitable for Vegetarian Diet, \*\*=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

All our bananas are FAIRTRADE

