

Is your child moving up from Year 2 to Year 3?

Then don't let them miss out on nutritious school meals!

Chartwells school meals are compliant to the Government's School Food Standards, ensuring a balanced diet to provide all the nutrients a child requires to support optimal growth and development (Head of Nutrition, Chartwells)

As pupils move into year 3 school lunches are no longer free under the Government's Universal Infant Free School Meals scheme, however the social and nutritional benefits of eating a school meal with peers may be something you wish to continue for your child. Some would say it's money well spent!



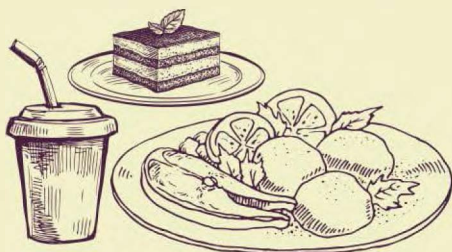
For the average price of a high street coffee or magazine, your child could enjoy a delicious Chartwells school meal



or



=



School lunches can lead to better educational attainment (Source: Public Health England)

Children having school lunch are more likely to consume fruit and vegetables and drink water through the day. (Source: School Food Plan)

LOVE
SCHOOL
Meals

Find your free school meal
voucher in this pack

Chartwells
EAT LEARN LIVE

The average packed lunch contains...

OVER
4x 

the saturated fat;

OVER
3x 

the salt;

NEARLY
3x 

the sugar;

NEARLY
DOUBLE 

the calories

When compared to a Chartwells school meal

How to pay and further information

School meals from the 1st September 2021 will cost **£2.33** per day in your school. Pupils can choose to eat every day or pick their favourite days to eat with us.

You can pay for your school meals online at www.mealselector.co.uk, if you don't have an account yet, go online to register or call the West Sussex Chartwells office on 01243 784223

If your child has a special diet requirement, before purchasing meals please contact the special diet team at westsussexspecialdiets@compass-group.co.uk

LOVE
SCHOOL
—Meals—

Stay up to date with all the important news on your school meals service by visiting www.loveschoolmeals.co.uk



 @loveschoolmeals
 Find us on Facebook

Get in touch

Unit 2, Lincoln House, City Fields Way
Tangmere, Chichester
PO20 2FS

73041@compass-group.co.uk


Chartwells
EAT LEARN LIVE

CHARTWELLS 2021 2022 STEAMPLICITY MENU

		WEEK 1 W/C: 03/05, 24/05, 14/06, 05/07, 26/07, 16/08, 06/09, 27/09, 18/10, 08/11, 29/11, 20/12, 10/01, 31/01, 21/02, 14/03, 04/04		WEEK 2 W/C: 19/04, 10/05, 31/05, 21/06, 12/07, 02/08, 23/08, 13/09, 04/10, 25/10, 15/11, 05/12, 27/12, 17/01, 07/02, 28/02, 21/03, 11/04		WEEK 3 W/C: 28/04, 17/05, 07/06, 28/06, 19/07, 09/08, 30/08, 20/09, 11/10, 01/11, 22/11, 13/12, 03/01, 24/01, 14/02, 07/03, 28/03, 18/04		
MONDAY	HOT SPECIALS... Sausage & Mash with Gravy Mash with pork and beef sausages and rich gravy Cheese & Tomato Pasta Tomato and basil sauce with fusilli pasta topped with cheese	DAILY FAVES... Jacket Potato with cheese or baked beans	SIDES... PICK A PUD! Green Beans Carrots Yoghurt & Granola	MONDAY	HOT SPECIALS... Cheese & Tomato Pizza Cheesy tomato topped pizza slice Beef Pasta Bolognese A classic Italian beef bolognese in a yummy tomato sauce	DAILY FAVES... Jacket Potato with cheese	SIDES... PICK A PUD! Peas Sweetcorn Muesli Flapjack	
	Traditional Mac 'N' Cheese Delicious macaroni in a creamy cheese sauce Chicken Tikka Masala with Rice A delicious mild Chicken Tikka Masala	Jacket Potato with salmon & cucumber mayo	Spring Vegetable Mix Apple & Mango Drizzle Cake		TUESDAY	Sausage & Mash with Gravy Mash with pork and beef sausages and rich gravy Veggie Chilli & Rice A classic vegetable chilli served with rice	Jacket Potato with baked beans	Green Beans Peas Yoghurt & Fruit Slices
	Roast Beef with Roast Potatoes & Gravy Succulent roast beef with roasties and gravy Sweet Potato & Chickpea Loaf with roast potatoes & gravy	Jacket Potato with baked beans	Cabbage Carrots Jammy Jack Flapjack		WEDNESDAY	Roast Chicken with Roast Potatoes & Gravy Delicious roast chicken with roasties and gravy Sweet Potato & Chickpea Loaf with roast potatoes & gravy	Jacket Potato with cheese or baked beans	Cabbage Carrots Jammy Jack Flapjack
	Cheese & Tomato Pizza Cheesy tomato topped pizza slice Vegetable Burrito A soft wrap filled with lightly spiced veggies and rice	Jacket Potato with veggie bolognese	Sweetcorn Coleslaw Oat & Honey Shortbread		THURSDAY	Traditional Mac 'N' Cheese Delicious macaroni in a creamy cheese sauce Chicken Fillet Sandwich with Diced Potatoes A chicken fillet sandwich with diced potatoes	Jacket Potato with tuna & cucumber mayo	Green Beans Sweetcorn Yoghurt & Granola
	Fish & Chips Our traditional Friday favourite Veggie Nuggets & Chips Battered Quorn nuggets with chips	Jacket Potato with tuna mayo or cheese	Baked Beans Peas Yoghurt & Fruit Slices		FRIDAY	Fish & Chips Our traditional Friday favourite Cheese & Vegetable Frittata & Chips Yummy cheese and vegetable frittata with chips	Jacket Potato with veggie bolognese	Baked Beans Peas Banana Cake & Custard
TUESDAY	HOT SPECIALS... Cheese & Tomato Pasta Tomato and basil sauce with fusilli pasta topped with cheese	DAILY FAVES... Jacket Potato with baked beans	SIDES... PICK A PUD! Sweetcorn Green Beans Oat & Honey Shortbread	TUESDAY	HOT SPECIALS... Cheese & Tomato Pizza Cheesy tomato topped pizza slice Beef Meatballs & Pasta Classic Italian beef meatballs in a tomato sauce	DAILY FAVES... Jacket Potato with baked beans	SIDES... PICK A PUD! Sweetcorn Green Beans Oat & Honey Shortbread	
	Traditional Mac 'N' Cheese Delicious macaroni in a creamy cheese sauce Chicken Tikka Masala with Rice A delicious mild Chicken Tikka Masala	Jacket Potato with tuna & cucumber mayo	Peas Carrots Yoghurt & Granola		TUESDAY	Traditional Mac 'N' Cheese Delicious macaroni in a creamy cheese sauce Chicken Tikka Masala with Rice Chicken in a mild curry sauce with rice	Jacket Potato with baked beans	Peas Carrots Yoghurt & Granola
	Roast Ham with Roast Potatoes & Gravy Sliced ham with roasties and gravy Quorn Sausage & Potatoes with Gravy Roast potatoes with Quorn sausages and rich gravy	Jacket Potato with cheese or baked beans	Cabbage Carrots Banana Cake & Custard		WEDNESDAY	Roast Ham with Roast Potatoes & Gravy Sliced ham with roasties and gravy Quorn Sausage & Potatoes with Gravy Roast potatoes with Quorn sausages and rich gravy	Jacket Potato with cheese or baked beans	Cabbage Carrots Banana Cake & Custard
	Cheese & Tomato Pasta Tomato and basil sauce with fusilli pasta topped with cheese Butternut Squash & Chickpea Curry with Rice A butternut squash and chickpea curry	Jacket Potato with veggie bolognese	Spring Vegetable Mix Yoghurt & Fruit Slices		THURSDAY	Cheese & Tomato Pasta Tomato and basil sauce with fusilli pasta topped with cheese Butternut Squash & Chickpea Curry with Rice A butternut squash and chickpea curry	Jacket Potato with veggie bolognese	Spring Vegetable Mix Yoghurt & Fruit Slices
	Fish & Chips Our traditional Friday favourite Veggie Burger & Chips A delicious Quorn burger with chips	Jacket Potato with coleslaw & cheese	Baked Beans Peas Apple & Mango Drizzle Cake		FRIDAY	Fish & Chips Our traditional Friday favourite Veggie Burger & Chips A delicious Quorn burger with chips	Jacket Potato with coleslaw & cheese	Baked Beans Peas Apple & Mango Drizzle Cake

Water, milk, salad, bread and fruit Available every day!

- Vegetarian
- Oily fish
- Wholegrain
- Fruity!



Internet School Meal Ordering System User Guide

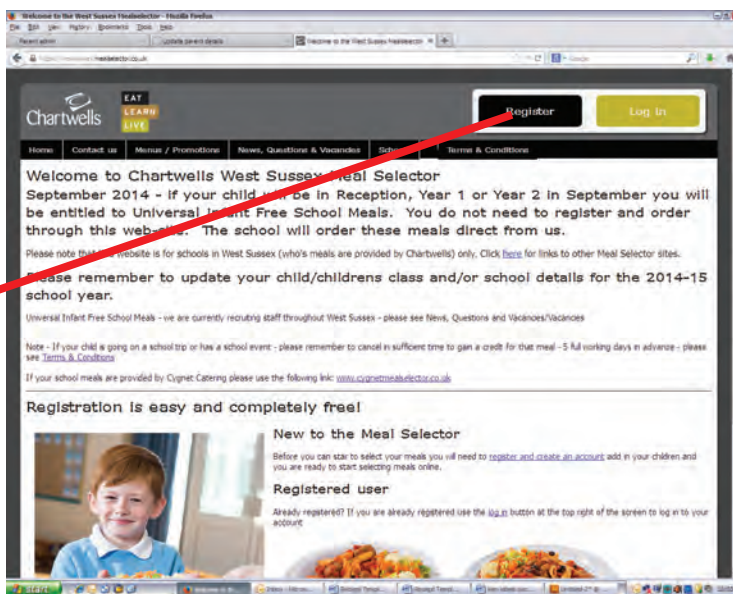
Connect to the Mealselector web site by typing www.mealselector.co.uk in the Microsoft Internet Explorer address area.

If you are using the web site for the first time you will need to register - the process is very simple.

You will need to answer a few question about yourself and then about your child or children.

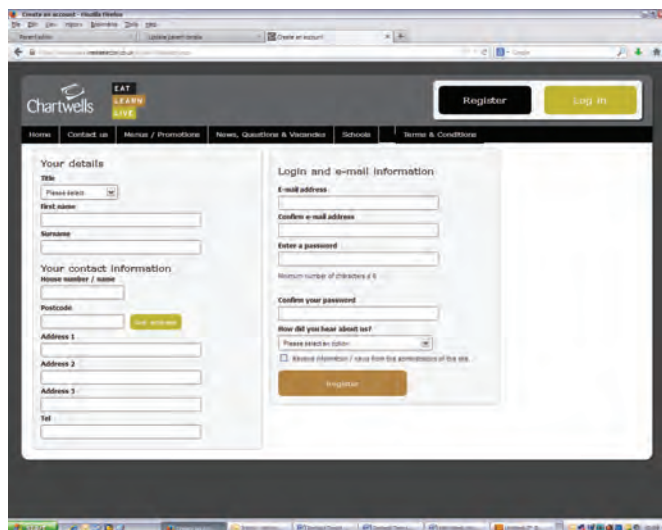
Click the 'Register' button.

If you have more than one child and they are at different schools, you will **NOT** need to register twice, just add the additional child to your profile.



Enter all of your details on the form.

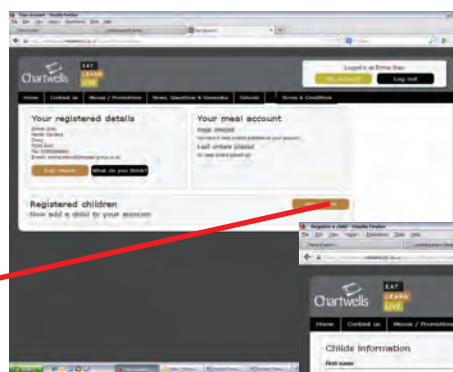
Choose a password that is easy to remember and then click the button to process your registration. This will then show you a summary of what you have entered, if any details are wrong you can edit them.



After registering your details you will now register your child or children's details, do this by clicking the 'add a child' button

Please insure you enter all details (class and date of birth).

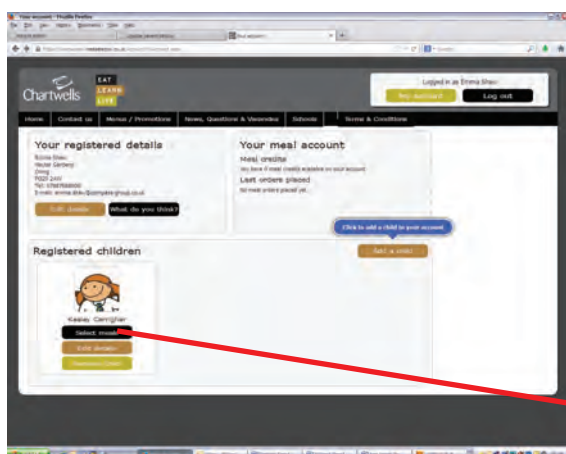
The click 'Register Child'.

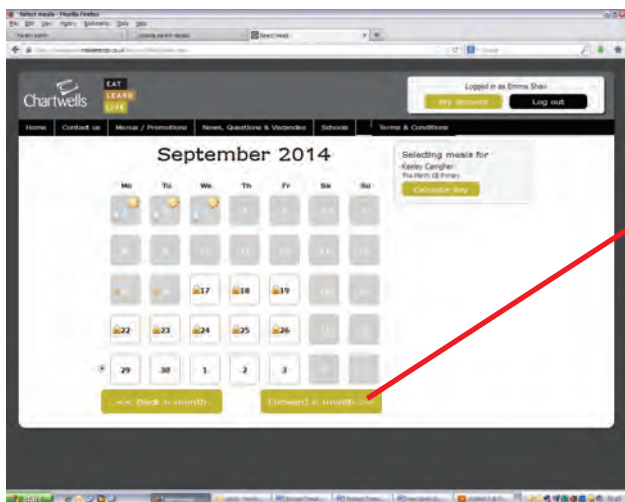


You will now see an overview of the details you have entered (You may change any of your details).

To add another child you will need to click on the 'add a child' button. (You will then need to enter details for your second child).

To select meals for your child you will need to click on the black 'select meals' button, this is located under your child's name.





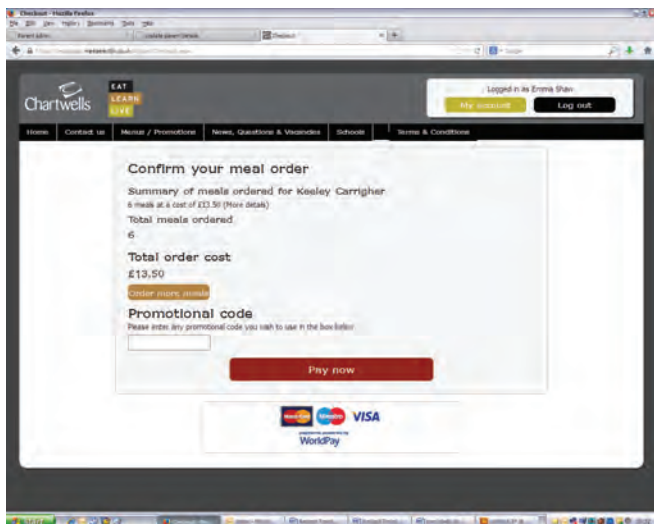
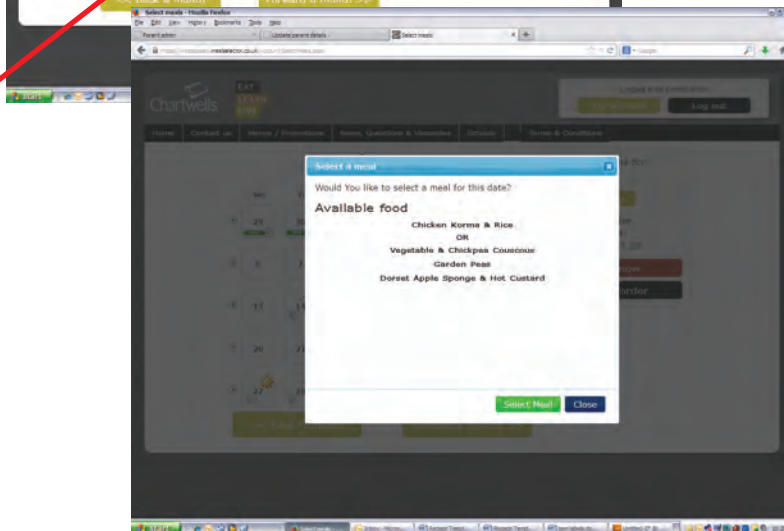
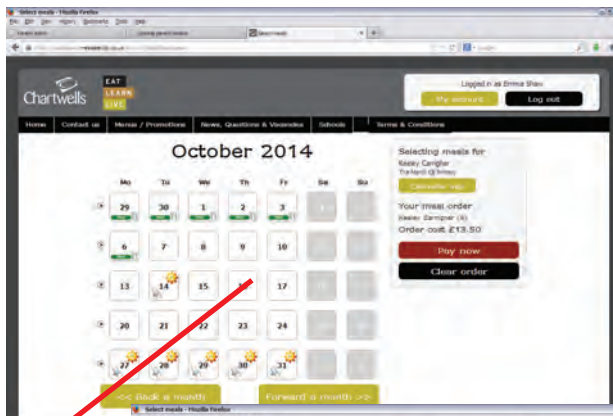
The screen will open to the calendar on the current month. The month can be changed to previous or forthcoming months by selecting either of the buttons at the bottom of the calendar.

To order meals simply click on the date that the meal is required.

A new screen will appear showing you the menu for that particular day. You will need to confirm you wish to order this day by clicking the 'select meal' button.

When you have selected the meals that you want to order the screen will look like this - (Note that you do not have to order for a complete week and can select any days you wish - **there is no minimum order**).

Once the meals are selected you will need to click on the 'Pay Now' button which is on the right hand side of your screen.



The order summary shows the total number of meals ordered and the amount you will need to make payment for.

If you have any credit meals from cancellations you have made through the web site the amount will be deducted from your total payment.

You must proceed to the payment section for the selected meals to be reserved for your child or children.

The payment section is a secure site managed by WorldPay, and therefore we show images.

If you are having problems with any aspect of using the web site either:

E-Mail - support@mealselector.co.uk

or Telephone: 01159 245 400 extension 222 - office hours only

If you have any queries regarding your order, please contact the Chartwells West Sussex Office:

E-Mail - 73041@compass-group.co.uk

or Telephone: 0845 603 7998



Office Hours
Monday to Friday 8:30am - 4:30pm

www.mealselector.co.uk

Chartwells Free Meal Voucher

Voucher Code: **YR2to3**

(Please quote the voucher code when ordering your meals)

Order by: **17th September 2021**

To redeem this voucher, call 01243 836130. If you do not have an account, we will set one up for you.

One free meal per child, in year 3 for September 2021.
No cash alternatives offered.

