

BENEFITS OF A CHARTWELLS SCHOOL MEAL

Price

Chartwells school meals are cheaper a day than packed lunches, which could save you £239 a year.

Nutrition

Chartwells school meals are lower in calories, fat, saturated fat, sugar and salt than packed lunches.

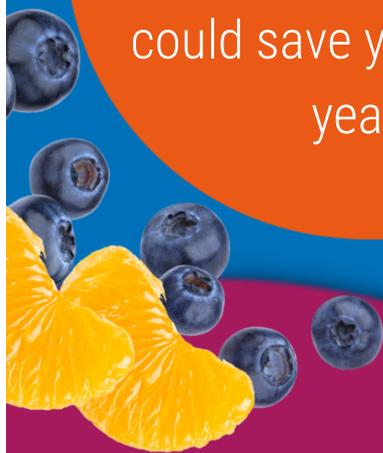
They also contain more portions of fruit and vegetables than the average packed lunch.

School performance

School meals provide the appropriate energy and nutrients for children, which may improve their behaviour, concentration and school performance.

Time

You could save 1950 minutes a year by opting for a school meal instead of preparing a packed lunch everyday.



WEEK 1 MENU

25-Apr 16-May 06-Jun 27-Jun 18-Jul 08-Aug 29-
Aug 19-Sep 10-Oct 31-Oct 21-Nov 12-Dec 02-Jan
23-Jan 13-Feb 06-Mar 27-Mar

SPRING/SUMMER 2022



So much more than Fantastic Food

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Hot Main Dish	Sausages, Mash & Gravy Pork & beef sausages in gravy	Macaroni Cheese Macaroni in a creamy cheese sauce	Roast Chicken with Roast Potatoes and Gravy Roast chicken with roasties and gravy	Cheese & Tomato Pizza Deep base pizza with a cheese & tomato topping	Fish & Chips Our traditional Friday favourite
Alternative Dish	Butternut Squash & Chickpea Curry & Rice Chunky vegetables in a mild curry sauce	Mild Bean Chilli & Rice Baked bean chilli and fluffy rice	Sweet Potato and Chickpea Roast with Roast Potatoes and Gravy Chunky sweet potato and chickpea roast	Beef Pasta Bolognese A classic Italian beef bolognese in tomato sauce	Dippers and Chips Crispy Quorn nuggets
Jacket Potato	Jacket Potato with Salmon Mayo Golden Sweetcorn or Salad	Jacket Potato with Veggie Bolognese Rainbow Vegetables or Salad	Jacket Potato with Cheese Carrots and Cabbage	Jacket Potato with Baked Beans Garden Peas or Salad	Jacket Potato with Cheese Baked Beans or Salad
Vegetables					
Desserts	Smooth Fruit Yoghurt	Apple, Orange & Melon Fruit Bowl	Cranberry Shortbread Biscuit	Pear & Chocolate Sponge	Jammy Jack Flapjack

Bread, Milk, Salad, Water & Fruit available every day. Ketchup served on Friday

Vegetarian Oily fish Wholegrain Fruity! Nutritionist's Choice

WEEK 2 MENU

02-May 23-May 13-Jun 04-Jul 25-Jul 15-Aug 05-Sep 26-Sep 17-Oct 07-Nov 28-Nov 19-Dec 09-Jan 30-Jan 20-Feb 13-Mar 03-Apr

SPRING/SUMMER 2022



So much more than fantastic food

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Hot Main Dish	<p>Chicken Korma & Rice Mild creamy korma sauce and fluffy rice</p> <p>Quorn Sausage, Mash & Gravy Sausage in gravy with mash potato</p>	<p>Cheese & Tomato Pizza Deep base pizza with a cheese & tomato topping</p> <p>Beef Pasta Bolognese A classic Italian beef bolognese in tomato sauce</p>	<p>Roast Ham with Roast Potatoes and Gravy Ham in gravy with roasties and gravy</p> <p>Sweet Potato and Chickpea Roast with Roast Potatoes and Gravy Chunky sweet potato and chickpea roast</p>	<p>Classic Beef Burger Served with salad & diced potatoes</p> <p>Mild Bean Chilli & Rice Baked bean chilli and fluffy rice</p>	<p>Fish & Chips Our traditional Friday favourite</p> <p>Cheese & Vegetable Frittata & Chips Oven baked omelette and chips</p>
Alternative Dish					
Jacket Potato	<p>Jacket Potato With Cheese</p>	<p>Jacket Potato With Baked Beans</p>	<p>Jacket Potato With Tuna Mayo</p>	<p>Jacket Potato With Cheese</p>	<p>Jacket Potato With veggie bolognese</p>
Vegetables	<p>Garden Peas or Salad</p>	<p>Green Beans or Salad</p>	<p>Carrots and Cabbage</p>	<p>Golden Sweetcorn or Salad</p>	<p>Baked Beans or Salad</p>
Desserts	<p>Cranberry Shortbread Biscuit</p>	<p>Smooth Fruit Yoghurt</p>	<p>Pear & Chocolate Sponge</p>	<p>Apple, Orange & Melon Fruit Bowl</p>	<p>Muesli Flapjack</p>

Bread, Milk, Salad, Water & Fruit available every day. Ketchup served on Friday

Vegetarian
 Oily fish
 Wholegrain
 Fruity!
 Nutritionist's Choice

WEEK 3 MENU

09-May 30-May 20-Jun 11-Jul 01-Aug 22-Aug 12-Sep 03-Oct 24-Oct 14-Nov 05-Dec 26-Dec 16-Jan 06-Feb 27-Feb 20-Mar 10-Apr

SPRING/SUMMER 2022



So much more than Fantastic Food

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Hot Main Dish	Macaroni Cheese 	Sausages, Mash & Gravy Pork & beef sausages in gravy	Roast Beef with Roast Potatoes and Gravy Sliced roast beef with roasties and gravy	Cheese & Tomato Pizza 	Fish & Chips Our traditional Friday favourite
Alternative Dish	Chicken Tikka Masala & Rice  Mild tikka sauce and fluffy rice	Cheese & Tomato Pasta  Creamy cheese & tomato sauce with pasta	Quorn Sausage with Roast Potatoes and Gravy  Quorn Sausage in rich gravy with roasties	Butternut Squash & Chickpea Curry & Rice   Chunky vegetables in a mild curry sauce	Veggie Burger & Chips  Quorn Pattie in a bun with chips
Jacket Potato	Jacket Potato With Tuna Mayo	Jacket Potato With Baked Beans  	Jacket Potato With Cheese 	Jacket Potato With Veggie Bolognese  	Jacket Potato With Cheese 
Vegetables	Green Beans or Salad	Garden Peas or Salad	Carrots and Cabbage	Rainbow Vegetables or Salad	Baked Beans or Salad
Desserts	Jammy Jack Flapjack	Apple, Orange & Melon Fruit Bowl 	Pineapple Sponge 	Smooth Fruit Yoghurt	Muesli Flapjack

Bread, Milk, Salad, Water & Fruit available every day. Ketchup served on Friday

 Vegetarian  Oily fish  Wholegrain  Fruity!  Nutritionist's Choice



Internet School Meal Ordering System User Guide

Meals must be ordered by midnight on the Sunday, one full week in advance of eating.

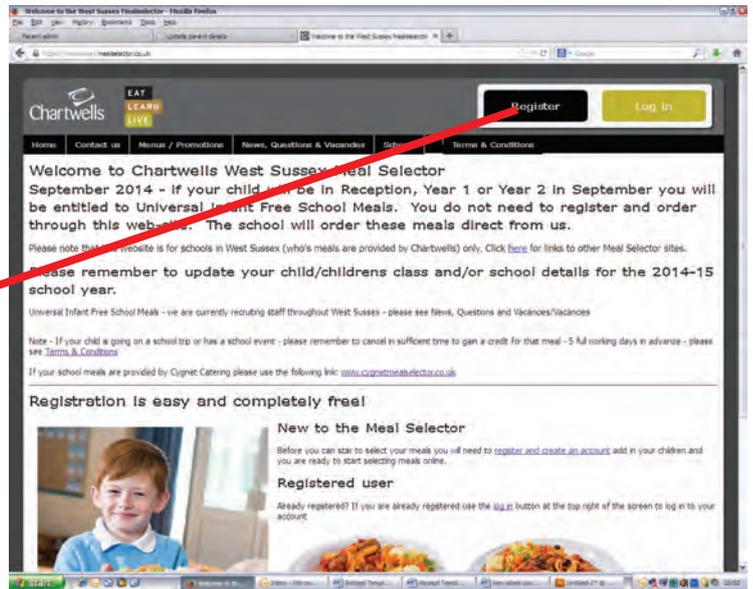
Connect to the Mealselector web site by typing www.mealselector.co.uk in the Microsoft Internet Explorer address area.

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.

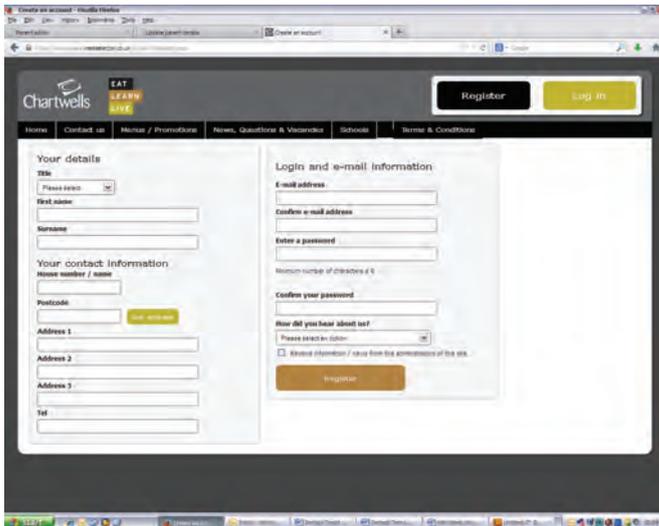
Click the 'Register' button.

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.

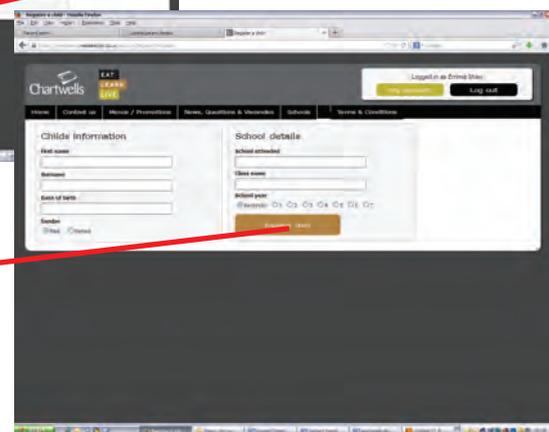
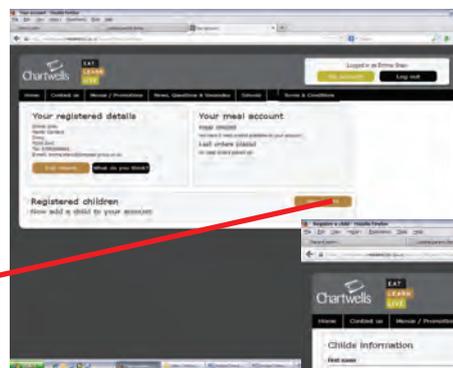
Choose a password that is easy to remember and then click the button to process your registration. This will then show you a summary of what you have entered, if any details are wrong you can edit them.



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).

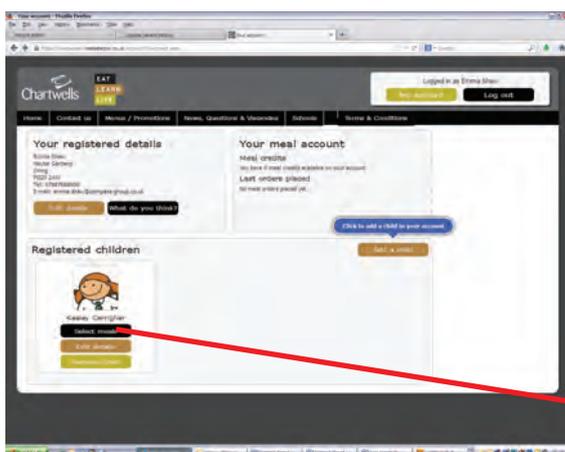
The click 'Register Child'.

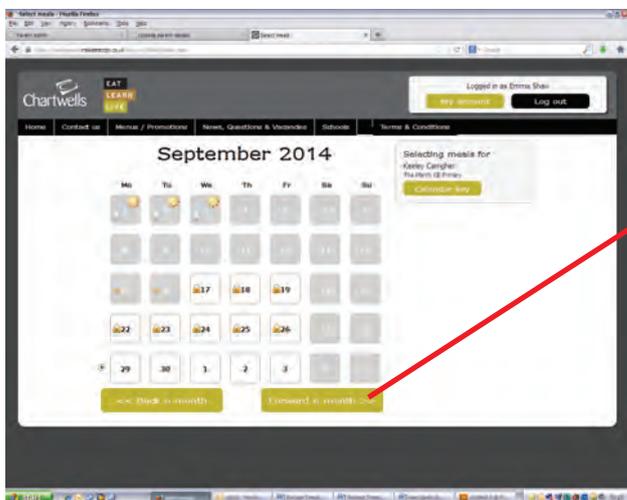


You will now see an overview of the details you have entered (You may change any of your details).

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.





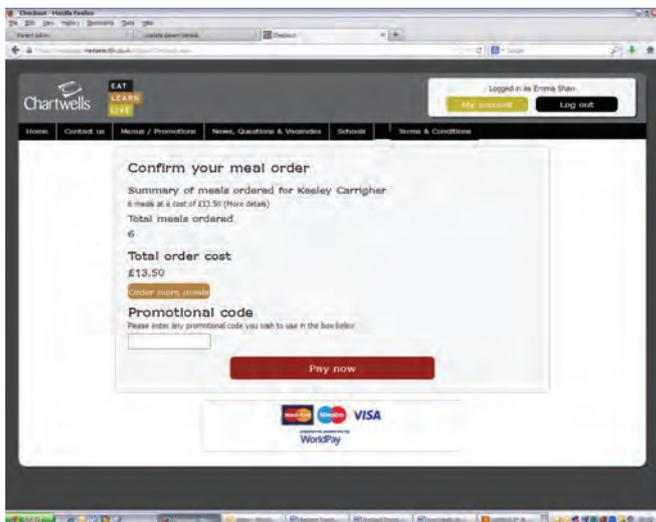
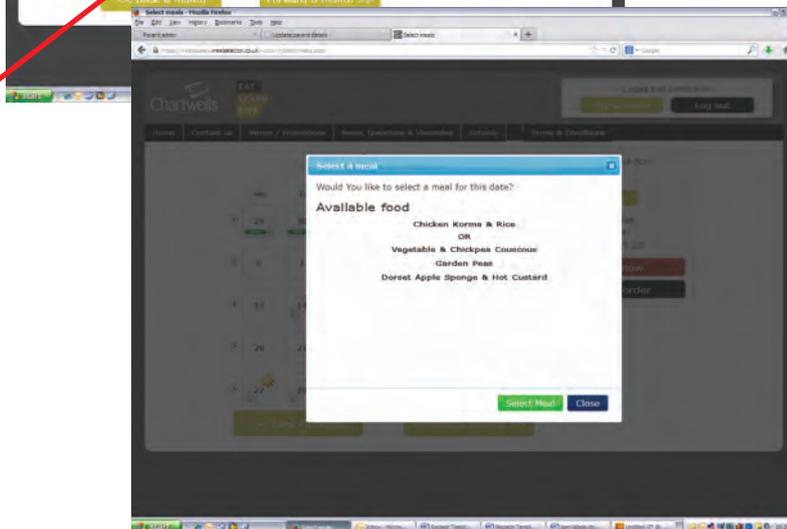
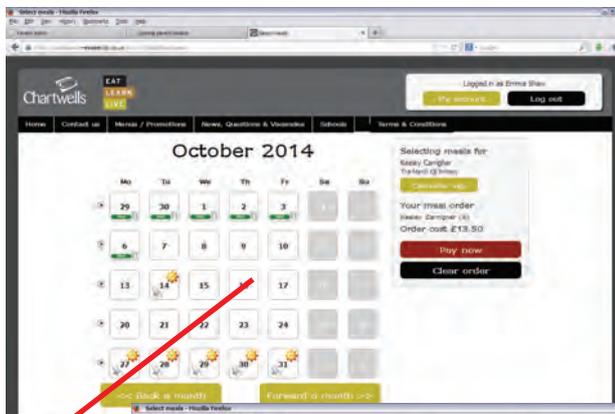
The screen will open to the calendar on the current month. The month can be changed to previous or forthcoming months by selecting either of the buttons at the bottom of the calendar.

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.



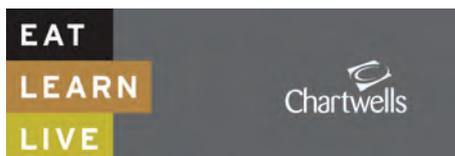
The order summary shows the total number of meals ordered and the amount you will need to make payment for. If you have any credit meals from cancellations you have made through the web site the amount will be deducted from your total payment.

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