

Food Super Heroes Menu



in partnership with

Lewisham


Chartwells
EAT LEARN LIVE

Week one

17/04 08/05 05/06 26/06 17/07 04/09 25/09 16/10

Monday

Choose a main meal...

Beef Bolognese with Wholemeal Pasta**
Mozzarella & Tomato Pizza with Oven Baked Jacket Wedges
Schools Choice*

on the side...

Carrots
Garden Peas
for dessert...
Tropical Fruit Sponge & Vanilla Sauce
Fresh Fruit Platter***

Tuesday

Choose a main meal...

Quorn Mince & Onion Pie with New Potatoes
Neapolitan Cheesy Pasta
Schools Choice*

on the side...

Green Beans
Roast Vegetables
for dessert...
Crunchy Fruit Crumble*** with Custard
Fresh Fruit Bowl***

Wednesday

Choose a main meal...

Roast Turkey Breast with Roast Potatoes & Gravy
Quorn Roast with Roast Potatoes & Gravy
Schools Choice*

on the side...

Carrots
Seasonal Cabbage
for dessert...
Berry Chill & Shortbread
Fresh Fruit Salad***

Thursday

Choose a main meal...

BBQ Chicken Drumstick & Sweet Potato Mash
Mexican Vegetable Chilli with Rice
Schools Choice*

on the side...

Fresh Broccoli
Sweetcorn
for dessert...
Mandarin Chocolate Sponge*** & Chocolate Sauce
Fresh Fruit Bowl***

Friday

Choose a main meal...

Crispy Pollock Fish Fillet & Chips
Quorn Burger in a Bun with Chips
Schools Choice*

on the side...

Baked Beans
Garden Peas
for dessert...
Oatie Cookie & Fresh Fruit Slices
Fresh Fruit Platter***

Week two

24/04 15/05 12/06 03/07 11/09 02/10

Choose a main meal...

Vegetarian Meatballs in Tomato Sauce & Wholegrain Rice**
Macaroni Pasta Bake
Schools Choice*

on the side...

Fresh Broccoli
Sweetcorn
for dessert...
Strawberry Fro-Yo & Fruit Dippers***
Fresh Fruit Platter***

Choose a main meal...

Chicken & Sweetcorn Pie with Creamy Mash & Gravy
Vegetarian Sausages with Creamy Mash & Gravy
Schools Choice*

on the side...

Garden Peas
Carrots
for dessert...
Berry & Oat Flapjack with Custard
Fresh Fruit Bowl***

Choose a main meal...

Roast Beef with Roast Potatoes & Gravy
Summer Vegetable Frittata with Roast Potatoes
Schools Choice*

on the side...

Roasted Vegetables
Green Beans
for dessert...
Chocolate Brownie with Fruit Slices***
Fresh Fruit Salad***

Choose a main meal...

Jerk Chicken with Rice and Peas
Sweet Potato Gumbo with Rice and Peas
Schools Choice*

on the side...

Carrots
Broccoli
for dessert...
Pineapple Upside Down Cake & Custard***
Fresh Fruit Bowl***

Choose a main meal...

Golden Cod Fish Fingers and Chips
Vegetable Lasagne with Chips
Schools Choice*

on the side...

Baked Beans
Sweetcorn
for dessert...
Honey & Vanilla Milkshake with Shortbread
Fresh Fruit Platter***

If you don't fancy dessert, you can *always* enjoy fresh fruit or yoghurt.



Week three

01/05 22/05 19/06 10/07 18/09 09/10

Choose a main meal...

Pizza Bianca with Oven Baked Wedges
Tomato & Basil Wholewheat Pasta
Schools Choice*

on the side...

Fresh Broccoli
Sweetcorn
for dessert...
Ice-Cream Pot & Mixed Melon Slices
Fresh Fruit Bowl***

Choose a main meal...

Chunky Chicken Bite, Tomato Salsa & Savoury Rice
Cheese & Red Onion Quiche with Savoury Rice
Schools Choice*

on the side...

Green Beans
Roast Vegetables
for dessert...
Raspberry Ripple Cake with Custard
Fresh Fruit Platter***

Choose a main meal...

Roast Chicken with Roast Potatoes & Gravy
Cheese & Potato Bake with Gravy
Schools Choice*

on the side...

Seasonal Cabbage
Carrots
for dessert...
Chocolate Cripsy & Fruit Slices***
Fresh Fruit Salad***

Choose a main meal...

Beef Lasagne & Garlic Bread Wedge**
Stir Fried Quorn with Egg Noodles
Schools Choice*

on the side...

Sweetcorn
Green Beans
for dessert...
Yoghurt with Fruit Compote***
Fresh Fruit Bowl***

Choose a main meal...

Golden Salmon Fish Fingers & Chips
Vegetable Fajitas with Chips
Schools Choice*

on the side...

Baked Beans
Garden Peas
for dessert...
Oatie Apple Crumble with Custard***
Fresh Fruit Platter***

Offered Daily: Fresh Bread, 5 Choice Salad Bar, Fresh Fruit, Yoghurt, Organic Milk & Cool Water

*Deli Bar/Schools Choice: Filled Jacket Potato, Extra Pasta Dish & Filled Sandwich/Roll (Subject to availability)

If you have any special dietary needs or require allergen information, please speak to the Catering Manager

This menu is subject to individual school changes. **Wholegrain ***50% Fruit Based



There is a vegetarian choice *every day...* and don't forget that salad is available *daily*.

Keep yourself topped up with water - it will help you concentrate *all day long.*



Barry

Barry the Beans packs a mighty protein punch! He's a real bodybuilder, using his muscle power to help build the team's energy and spirit.



Bud 'n' Jud

Bud 'n' Jud the Spuds are big, but they're bursting with energy thanks to their carbohydrate super-power. When there's hard physical work ahead, Bud 'n' Jud are raring to go!



Silvertop

Silvertop's super-charged calcium levels give him his super-strong bones. Our heroes can always rely on him during their adventures.



Brains

Packed full of iron to help growing minds work better, Brains the Broccoll is always on the ball to hatch perfect plans for the team.



Meet the

Food Super Heroes

The Pasta Pack

The Pasta Pack are an unruly bunch, each with their own unique personality. Their wholegrain powers make them passionate with strong hearts, and they'll stop at nothing to defend the team.



Hydra

Hydra is always working hard to fight off evil toxins that stop the team from performing at their best. She never rests, rarely makes mistakes and her powers of concentration are immense!



Who is your favourite?



Boss

The leader of the team, Boss the Banana's fibre helps keep everything running smoothly. When our team gets stuck, the Boss is always around to get things moving again.

Doc

Doc the Kiwi knows just what the team needs to keep on top of its game. She helps our heroes stay healthy by boosting their immune systems and preventing illness.



Casey

Casey the Carrot's superhero levels of vitamins keep her eyes sharp... even in the dark! She's always looking out for the team.



Should you have any inquiries, please speak to your School Catering Manager or call Lewisham Chartwells Office on 0208 690 2149