

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Main Dish	Pasta Carbonara with Garlic & Herb Bread Wedge	Beef Moussaka served with New Potatoes	Lemon Roast Chicken Stuffing, Roast Potatoes & Gravy	Shepherds Pie	Wholemeal Cod with Chipped Potatoes
Alternative Dish	Mediterranean Tart with New Potatoes Filled Jacket Potato	Macaroni Cheese served with a Bread Wedge Filled Jacket Potato	Lentil Roast with Roast Potatoes Filled Jacket Potato	Quorn Sausage Pasta Bake served with a Bread Wedge Filled Jacket Potato	Vegetable Chilli with Chipped Potatoes Cheesy Jacket Potato
Vegetables	Garden Peas Crunchy Light Coleslaw	Fresh Broccoli Florets Golden Sweetcorn	Fresh Seasonal Cabbage Fresh Carrots	Roast Vegetable Medley Garden Peas	Green Beans Baked Beans
Salads	Green Salad	Mixed Salad	Cucumber & Tomato Salad	Vegetable Sticks	Crunchy Light Coleslaw
Desserts & Fruit	Crunchy Fruit Crumble with Custard Fresh Fruit Platter	Oat Cookie with Fruit Slices Fresh Fruit Bowl	Rice Pudding with Fruit Topping Fresh Fruit Salad	Ice Cream with Peaches & Melba Sauce Fresh Fruit Platter	Hot Chocolate Orange Fudge Cake with Custard Fresh Fruit Salad
Drink	Cold Water or Fresh Milk	Cold Water or Fresh Milk	Cold Water or Fresh Milk	Cold Water or Fresh Milk	Cold Water or Fresh Milk

Week 1 Menu Schedule: 22 Feb 10 15 Mar 10 19 Apr 10 10 May 10

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Main Dish	Mexican Chicken Fajitas with Seasoned Rice	Competition Winner Fishermans Pie	Roast Beef with Yorkshire Pudding, Roast Potatoes & Gravy	Oven Baked Sausages with Mashed Potato & Gravy	Premium Burger in a Bun with Chipped Potatoes
Alternative Dish	Macaroni Cheese served with Bread Wedges Filled Jacket Potato	Margherita Pizza Wedge with half Jacket Potato Filled Jacket Potato	Quorn Vegetable Oriental Stir Fry with Noodles Filled Jacket Potato	Layered Leek & Cheese Hotpot with Bread Wedges Filled Jacket Potato	Vegetable Chimichanga Tortilla Wraps & Chipped Potatoes Cheesy Jacket Potato
Vegetables	Green Peas Golden Sweetcorn	Garden Peas Baked Beans	Fresh Seasonal Cabbage Fresh Carrots	Fresh Broccoli Florets Garden Peas	Crunchy Light Coleslaw Baked Beans
Salads	Mixed Salad	Grated Carrot & Sultana Salad	Green Salad	Fresh Vegetable Sticks	Cucumber & Tomato Salad
Desserts & Fruit	Fruit Sponge with Custard Fresh Fruit Platter	Chocolate & Apricot Brownie with Vanilla Sauce Fresh Fruit Bowl	Fruit Flapjack with Custard Fresh Fruit Salad	Summer Fruit Pie with Custard Fresh Fruit Platter	Berry Shortcake with Custard Fresh Fruit Salad
Drink	Cold Water or Fresh Milk	Cold Water or Fresh Milk	Cold Water or Fresh Milk	Cold Water or Fresh Milk	Cold Water or Fresh Milk

Week 2 Menu Schedule: 01 Mar 10 22 Mar 10 26 Apr 10 17 May 10

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Main Dish	Italian Lasagne with Tomato Bread Wedges	Sweet & Sour Chicken with Rice	Roast Turkey with Stuffing Roast Potatoes & Gravy	Meatballs in Tomato Sauce with Pasta	Golden Fish Fingers with Chipped Potatoes
Alternative Dish	Quorn Hotdog in a Bun with Onions & Tomato Sauce Filled Jacket Potato	Cheese & Tomato Pizza with half Jacket Potato Filled Jacket Potato	Neapolitan Beany Pasta with Garlic & Herb Bread Filled Jacket Potato	Cheese Quiche & Hint of Cajun Oven Baked Wedges Filled Jacket Potato	Ratatouille Mixed Bean Wrap Filled Jacket Potato
Vegetables	Sliced Green Beans Fresh Carrots	Fresh Cauliflower Garden Peas	Fresh Seasonal Cabbage Fresh Carrots	Golden Sweetcorn Fresh Broccoli Florets	Garden Peas Baked Beans
Salads	Green Salad	Mixed Salad	Chopped Cucumber & Tomato Salad	Mixed Salad	Fresh Vegetable Sticks
Desserts & Fruit	Wholemeal Chocolate Crunch with Fruit Slices & Vanilla Sauce Fresh Fruit Salad	Fruit in Jelly or Ice Cream Fresh Fruit Cups	Chocolate & Banana Muffin Fresh Fruit Bites	Fruit Meringue Fresh Fruit Cups	Eve's Apple Pudding with Custard Fresh Fruit Platter
Drink	Cold Water or Fresh Milk	Cold Water or Fresh Milk	Cold Water or Fresh Milk	Cold Water or Fresh Milk	Cold Water or Fresh Milk

Week 3 Menu Schedule: 08 Mar 29 Mar 10 03 May 10 24 May 10

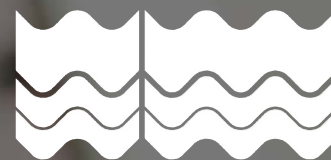
Fresh Homemade Bread is available every day

EAT

LEARN

LIVE

East Sussex
County Council



We hope your child enjoyed the opportunity to have a school meal free of charge during November's Complimentary School Meal Promotion. We would like to thank those parents/guardians who took the opportunity to complete our short survey asking for your thoughts on our service. Your feedback is very valuable to us as it helps us to focus on the issues that are most important to you. We have used your views to help us focus our plan for the year ahead.

One of the initiatives we will be running this year is to ask parents/guardians to come into school to try a healthy and nutritious school meal with your child. We would like you to be involved and we feel the best way to share the benefits of our service with you, is to invite you to experience it first hand. Participating schools will issue further details over the coming months.

Our meals exceed the government nutritional guidelines and our dedicated nutritionists and executive chef team, are continually working hard to come up with new and exciting dishes to keep our menu fresh and appealing to pupils.

On this new menu we have incorporated the winning dish from our local 'Design a Fish Dish' competition. This is a fantastic fish dish created by an East Sussex Primary School pupil. You can see this dish highlighted on the 3 week menu cycle overleaf.

Our team work in partnership with East Sussex County Council to continually improve the service we offer and to address any queries or comments you may have about school meals in East Sussex.

For more information or to share feedback with us please contact Chartwells on 01435 865310 or visit our website: www.chartwells.co.uk

Information is also available on East Sussex County Council's website: www.eastsussex.gov.uk/schoolmeals

We hope you enjoy the new menu!

Your child could be entitled to free school meals, to find out more please contact East Sussex County Council's Free School Meals Team on 01273 481696 or 01273 481388.