

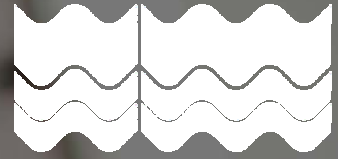
EAT

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Chartwells

East Sussex  
County Council



East Sussex County Council has teamed up with Chartwells to offer every primary pupil in East Sussex a

## Complimentary School Lunch!

This year to celebrate National School Meals Week we are offering a complimentary nutritious main meal, dessert and glass of milk to all pupils attending participating primary schools\*

You will shortly receive a flyer for your child's complimentary meal, please complete this flyer and return to the kitchen to claim your free lunch on the following days:

**Tuesday 10th November - Year 1 and Year 4**  
**Wednesday 11th November - Reception and Year 3**  
**Thursday 12th November - Year 2 and Year 5**  
**Friday 13th November - Year 6**

When you receive your voucher please complete the short survey on the reverse to help us find out **What's Important To You**.

Our new menu will begin on Monday 2nd November and as you can see overleaf the National School Meals Week menu has been highlighted.

If you would like further information about your school meals service please visit

East Sussex County Council's website [www.eastsussex.gov.uk/schoolmeals](http://www.eastsussex.gov.uk/schoolmeals)

For more information about Chartwells please visit Chartwells website [www.chartwells.co.uk](http://www.chartwells.co.uk)

\*please check with your school to ensure participation

2nd Nov, 23rd Nov, 14th Dec, 4th Jan, 25th Jan.	Monday	Tuesday	Wednesday	Thursday	Friday
Main Dish	Beef Bolognese with Pasta and Tomato Bread	Chicken Korma with Pilau Rice	Roast Beef & Roast Potatoes with Gravy	Chicken Pie with Creamed Potatoes	Wholemeal Cod with Chipped Potatoes
Alternative Dish	Spicy Quorn Pitta Pocket	Margarita Pizza Wedge	Macaroni Cheese	Cheese & Fresh Pepper Whirl with Creamed Potatoes	Bean & Lentil Burger with Chipped Potatoes
	Cheesy Jacket Potato	Tuna Jacket Potato	Beany Jacket Potato	Tuna Jacket Potato	Cheesy Jacket Potato
Vegetables	Roast Vegetable Medley Garden Peas	Fresh Broccoli Florets Crunchy Light Coleslaw	Fresh Seasonal Cabbage Fresh Carrots	Green Beans Golden Sweetcorn	Garden Peas Baked Beans
Salads	Cucumber & Tomato Salad	Mixed Salad	Crunchy Light Coleslaw	Vegetable Sticks	Mixed Salad
Desserts & Fruit	Apple Flapjack with Vanilla Sauce	Chocolate & Orange Fudge Cake with Custard	Ice Cream with Fruit Bites	Creamy Rice Pudding with Sultanas	Wholemeal Orange Triangle
	Fresh Fruit Platter	Fresh Fruit Bowl	Fresh Fruit Salad	Fresh Fruit Platter	Fresh Fruit Salad
Drink	Cool Water or Fresh Milk	Cool Water or Fresh Milk	Cool Water or Fresh Milk	Cool Water or Fresh Milk	Cool Water or Fresh Milk
9th Nov, 30th Nov, 11th Jan, 1st Feb.	Monday	Tuesday	Wednesday	Thursday	Friday
Main Dish	Chicken & Broccoli Pasta Bake	Mexican Chilli Beef with Oven Baked Jacket Wedges	Roast Turkey with Stuffing, Roast Potatoes & Gravy	Sausages with Creamed Potato & Onion Gravy	Salmon Fish Fingers with Chipped Potatoes
Alternative Dish	Vegemince Bolognese with Pasta	Macaroni Cheese	Lentil Roast with Roast Potatoes	Vegetarian Toad in the Hole With Creamed Potatoes	Spanish Omelette with Chipped Potatoes
	Beany Jacket Potato	Tuna Jacket Potato	Cheesy Jacket Potato	Tuna Jacket Potato	Beany Jacket Potato
Vegetables	Fresh Carrots Sliced Green Beans	Roasted Vegetable Medley	Fresh Seasonal Cabbage, Garden Peas	Golden Sweetcorn Fresh Carrots	Garden Peas Baked Beans
Salads	Mixed Salad	Mixed Salad	Fresh Vegetable Sticks	Mixed Salad	Mixed Salad
Desserts & Fruit	Sticky Toffee Pudding with Custard	Wholemeal Chocolate Crunch with Fruit	Fruit Crumble with Custard	Dorset Apple Cake with Custard	Sultana & Orange Shortcake with Custard
	Fruit Yoghurt or Fresh Fruit Salad	Fresh Fruit Cups	Fresh Fruit Salad or Oaty Cookie & Fruit	Fresh Fruit Cups or Fruit Yoghurt	Fresh Fruit Platter
Drink	Cool Water or Fresh Milk	Cool Water or Fresh Milk	Cool Water or Fresh Milk	Cool Water or Fresh Milk	Cool Water or Fresh Milk
16th Nov, 7th Dec, 18th Jan, 8th Feb.	Monday	Tuesday	Wednesday	Thursday	Friday
Main Dish	Cajun Spiced Chicken with Rice	Lasagne with Garlic & Herb Bread	Roast Pork with Stuffing, Roast Potatoes & Gravy	Cod Fish Fingers with Creamed Potatoes	Premium Burger in a Bun with Chipped Potatoes
Alternative Dish	Pizza Supreme Wedges	Neopolitan Beany Pasta with Garlic Bread	Gardeners Pie with Roast Potatoes	Vegemince with Creamed Potatoes	Quorn Burger in a Bun with Chipped Potatoes
	Tuna Jacket Potato	Cheesy Jacket Potato	Beany Jacket Potato	Cheesy Jacket Potato	Tuna Jacket Potato
Vegetables	Green Beans Freshly Grated Carrot	Golden Sweetcorn Fresh Broccoli Florets	Fresh Cauliflower Garden Peas	Fresh Boccoli Florets Fresh Carrots	Garden Peas Baked Beans
Salads	Mixed Salad	Mixed Salad	Mixed Salad	Mixed Salad	Chopped Cucumber & Tomato Salad
Desserts & Fruit	Chocolate & Mandarin Cake with Chocolate Sauce	Fruit in Jelly or Ice Cream with Fruit Dippers	Oaty Fruit Crumble with Custard	Chocolate Fruit Crispies with Vanilla Sauce	Eves Apple Pudding with Custard
	Fresh Fruit Salad	Fresh Fruit Cups	Fruit Yoghurt or Fresh Fruit Bites	Fresh Fruit Cups	Fruit Delight or Fresh Fruit Platter
Drink	Cool Water or Fresh Milk	Cool Water or Fresh Milk	Cool Water or Fresh Milk	Cool Water or Fresh Milk	Cool Water or Fresh Milk
Bread is available daily					