

# NATIONAL SCHOOL MEALS WEEK

4th - 8th November  
2013



Chartwells is the school catering company that was chosen by East Sussex County Council to provide your child with deliciously tasty and nutritious meals.

A well balanced school meal can have a huge impact on energy levels and concentration, supporting your child in their learning and activities, making school an enjoyable and memorable experience.

Our expertise, passion for food and ability to deliver quality, nutritionally balanced hot meals are just some of the reasons why Chartwells are the leading primary school meal supplier. In order to continue to provide the very best for your child we need your help.

By completing this survey, your feedback will help improve our school meal provision as well as the development of educational activities that help support pupils in their understanding of health and nutrition, giving them confidence in making the right food choices.

Thank you for your support.

For more information please contact your school or visit [www.nsmw.org.uk](http://www.nsmw.org.uk)

## We are treating every pupil to a complimentary school meal!

To claim your child's complimentary meal on **Tuesday 5th November** simply complete the survey on the following 2 pages, including your child's details, tear off the form and return it to your school's catering team on that day.

## MENU

4<sup>th</sup> - 8<sup>th</sup> November

MONDAY

Tuna pasta  
Macaroni cheese  
Herb bread  
Sweetcorn, peas  
Giant cookie with fruit slices

TUESDAY

FREE

Bangers (sausages)  
Quorn Bangers (sausages)  
Mashed potato  
Carrots, peas  
Ice cream & fruit

WEDNESDAY

Roast beef  
Quorn roast  
Roast potatoes & gravy  
Broccoli, swede  
Apple crumble & custard

THURSDAY

Spaghetti bolognaise  
Cheese & tomato pizza  
Sweetcorn, carrots  
Sticky toffee pudding & custard

FRIDAY

Fish fingers  
Quorn burger in a bun  
Chips  
Baked beans, crunchy light coleslaw  
Fruit flapjack

EAT

LEARN

LIVE

[www.chartwells.co.uk](http://www.chartwells.co.uk)

