LOVE SCHOOL Meals

Love School Meals is how you can keep up-to-date with everything you need to know about our delicious and nutritious school meals.

Our monthly e-newsletter provides information about what's new on the menu each term, tips on tackling fussy eaters, information about our Beyond the Kitchen educational activities and so much more. We even run competitions so you have a chance to win great prizes too!

How do I sign up?

Register your details quickly and easily at **www.loveschoolmeals.co.uk**

Oh, and don't forget to search **Love School Meals** on Facebook and like our page and follow us on Twitter **@loveschoolmeals**

Need more information?

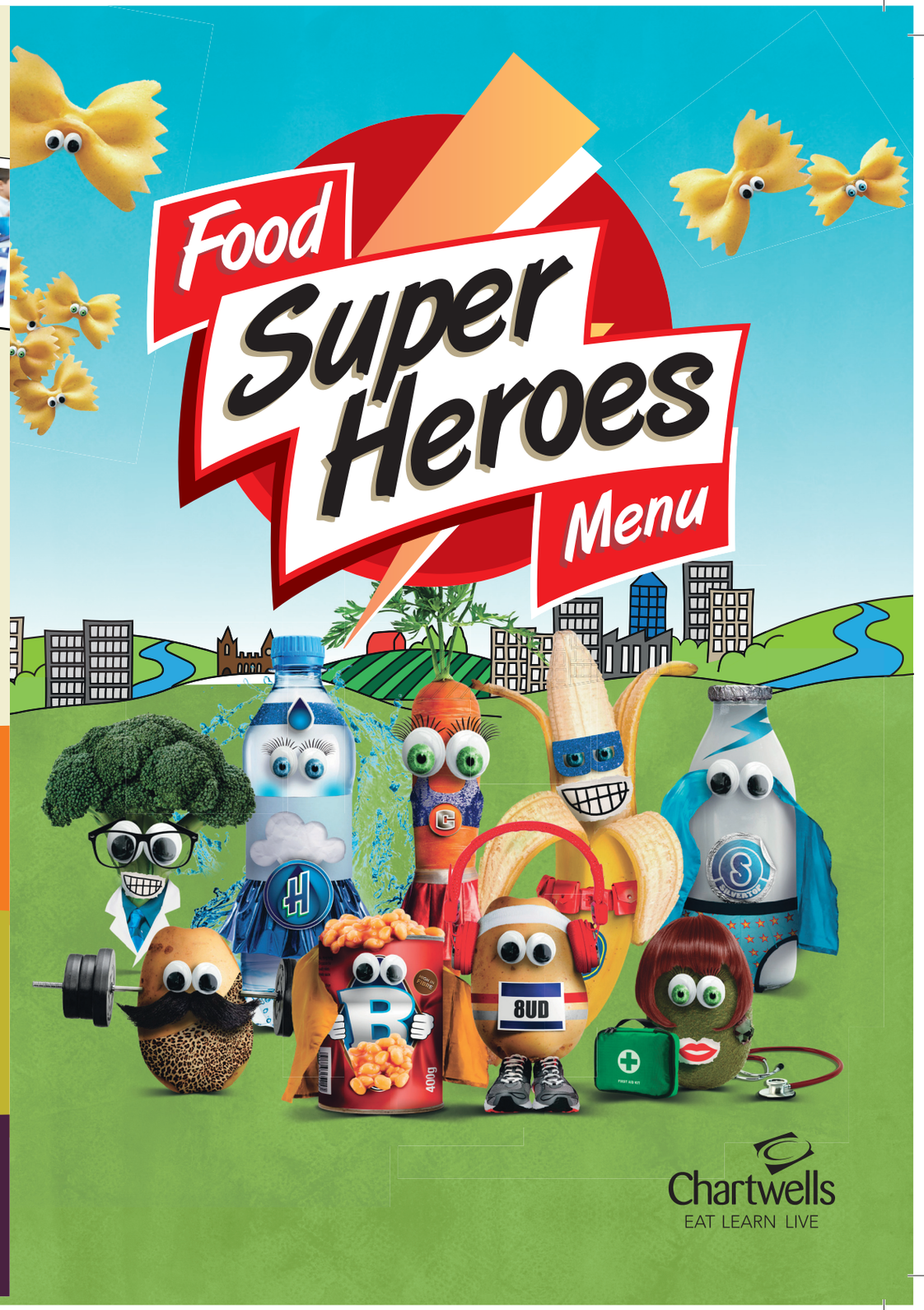
If you would like more information on school meals please contact us on:

@LOVESCHOOLMEALS
LOVESCHOOLMEALS

http:loveschoolmeals.co.uk/hounslow/

Chartwells
EAT LEARN LIVE

Food Super Heroes Menu



Chartwells
EAT LEARN LIVE

Week one

02/01 30/01 06/03

Monday

Choose a main meal...
- Beef Lasagne (M)
- Creamy Beany Carbonara, Borlotti Beans & Mushroom with Sweetcorn ✓
- Bacon, Red Onion & Cheese Stuffed Jacket Skins (A)

on the side...
- Brains Broccoli
- Casey Carrot

for dessert...
- Wholemeal Apple & Cinnamon Crumble & Custard

Tuesday

Choose a main meal...
- Chicken, Tomato, Sweet Pepper and Vegetable Herby Pasta (M)
- Mozzarella & Tomato Pizza & Chop Chop Salad ✓
- Casey Carrot & Zingy Ginger Soup with Cheese Roll (A)

on the side...
- Barry Baked Beans
- Chop Chop Salad

for dessert...
- Silvertops Yummy Yoghurt with Melon & Peaches

Wednesday

Choose a main meal...
- Roast Pork with Bud's Crispy Spuds & Gravy (M)
- Quorn Roast with Bud's Crispy Spuds & Gravy ✓
- Egg Mayo & Cress Petit Pain (A)

on the side...
- Casey Carrots
- Braised Leeks

for dessert...
- Boss Banana & Sticky Toffee Pudding

Thursday

Choose a main meal...
- Shepherd's Pie (M)
- Vege Shepherdess Pie ✓
- Tomato & Basil Soup with Giant Herby Croutons ✓ (A)

on the side...
- Cabbage
- Sweetcorn

for dessert...
- Chocolate Sultana Crispie

Friday

Choose a main meal...
- Tuna Pasta Bake (M)
- Chickpea & Vegetable Curry & Rice ✓
- Bud'b'Jud Spud with a choice of fillings (A)

on the side...
- Barry Baked Beans
- Garden Peas

for dessert...
- Tutti Fruitti Cake & Custard

Week two

09/01 06/02 13/03

Monday

Choose a main meal...
- Pork Sausage (M)
- Vege Sausage ✓
- Lightly Spiced Carrot Soup with Granary Bread Sticks ✓ (A)

on the side...
- Home Baked Sweet Potato Wedges
- Barry Baked Beans

for dessert...
- Silvertop's Cool Ice Cream

Tuesday

Choose a main meal...
- Spaghetti Lamb Bolognaise (M)
- Mild Mexican Chilli with Soft Taco ✓
- Bud'n'Jud Spud with Tuna Mayo (A)

on the side...
- Brains Broccoli
- Sadie Sweetcorn

for dessert...
- Silvertop's Yummy layered Fruit Yoghurt

Wednesday

Choose a main meal...
- Roast Chicken, Roast Potatoes & Gravy (M)
- Butterbean Crumble with Bud's Crispy Spuds ✓
- French style Onion Soup with a large Cheese Croutons (A)

on the side...
- Casey Carrots
- Cauliflower

for dessert...
- Honey & Vanilla Milkshake

Thursday

Choose a main meal...
- Sweet'n'sour Chicken served on Wholemeal Rice (M)
- Mega Mozzarella Pizza with Red Cabbage Coleslaw on the side✓
- Bud'n'Jud Spud with Cheese & Baked Beans (A)

on the side...
- Barry Baked Beans
- Green Beans

for dessert...
- Creamy Rice Pudding with Sultanas

Friday

Choose a main meal...
- Fish & Chips & Ketchup (M)
- Italian Style Vegetable Frittatta, Herby Garlic Bread Wedge & Ketchup ✓
- Keema Mattar (lightly spiced vege mince with peas) on Basmati Rice ✓ (A)

on the side...
- Sweetcorn
- Chop Chop Crunchy Salad

for dessert...
- Orange Chocolate Brownie

Week three

16/01 20/02 20/03

Monday

Choose a main meal...
- Pork Bangers on Mash Mountain & Gravy (M)
- Vege Bangers on Mash Mountain & Gravy ✓
- Bud'n'Jud with a Choice of Fillings ✓ (V)

on the side...
- Barry Baked Beans
- Green Beans

for dessert...
- St Clement's Cookie

Tuesday

Choose a main meal...
- BBQ Turkey Balls with Wholemeal Rice (M)
- Pasta Pack's Mac'n'Cheese Macaroni Cheese ✓
- Pea, Potato & Spinach Soup with an Oaty Roll ✓ (A)

on the side...
- Brains Broccoli

for dessert...
- Silvertop's Yoghurt with a Warm Berry Compote

Wednesday

Choose a main meal...
- Roast Beef, with Bud's Crispy Spuds & Gravy (M)
- Sweet Potato and Squash Stew served with Bud's Crispy Spuds ✓
- Tuna Sweetcorn Wrap (A)

on the side...
- Mixed Fresh Vegetables

for dessert...
- Fruit Jelly

Thursday

Choose a main meal...
- Chicken Tikka Massala & Basmati Rice (M)
- Vegemince Pasta Bolognaise ✓
- Spiced Chick Pea & Coconut Soup with Naan Bread (A)

on the side...
- Green Beans
- Diced Carrots

for dessert...
- Chocolate Cake & Chocolate Custard

Friday

Choose a main meal...
- Fish Fingers, Chips & Ketchup (M)
- Chinese Vegetable Noodles ✓
- Bud'n'Jud Spud with Grated Cheese (A)

on the side...
- Barry Baked Beans
- Garden Peas

for dessert...
- Wholemeal Fruit Crumble & Custard

Week four

23/01 27/02 27/03

Monday

Choose a main meal...
- Beef Burger in a Bun with Wedges (M)
- Vege Burger in a Bun with Wedges ✓
- Bud'n'Jud Spud with a choice of fillings (A)

on the side...
- Barry Baked Beans
- Garden Peas

for dessert...
- Silvertops Lemonicious Yoghurt with a Crunchy Biscuit Top

Tuesday

Choose a main meal...
- Mince Lamb & Tomato Pasta (M)
- Vegetarian Lasagne ✓
- Sweet Potato & Casey Carrot Soup with Wholegrain Bread Fingers (A)

on the side...
- Green Beans
- Broccoli

for dessert...
- Chocolate Cookie

Wednesday

Choose a main meal...
- Roast Turkey, with Bud's Crispy Spuds & Gravy (M)
- Cauliflower, Sweetcorn, Potato Bake with Bud's Crispy Spuds ✓
- Crunchy Cheese Tortilla Wrap (A)

on the side...
- Cabbage
- Cauliflower

for dessert...
- Raisin & Apple Flapjack

Thursday

Choose a main meal...
- Sadie's Chinese Chicken Noodles (M)
- Caramelised Red Onion, Spinach, Tomato and Cheese Tart with Cous Cous ✓
- Creamed Spinach Soup & Wholemeal Bread (A)

on the side...
- Casey Carrots
- Broccoli

for dessert...
- Fresh Fruit Salad

Friday

Choose a main meal...
- Salmon Goujons & Crushed New Potatoes (M)
- Mozzarella & Tomato Pizza with Pepper & Sweetcorn Topping with Apple Slaw ✓
- Dhal & Basmati Rice ✓ (A)

on the side...
- Baked Beans
- Sweetcorn

for dessert...
- Pineapple & Carrot Cake & Custard

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.

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

We have a fresh salad bar available daily

We Bake Bread Daily

If your child receives or needs a special diet or allergen menu, please speak to your catering manager or contact us

(M) Main Meal (✓) Dishes Suitable for Vegetarians (A) Alternative Menu Choice

ST MARY'S CATHOLIC SCHOOL

CHART002_MA54_257571