

Our commitment to healthy eating in our schools

Our commitment to healthy eating in our schools is still as strong as ever. We go a long way to ensure that children eat well and understand the importance of a healthy diet and lifestyle.

We can adapt our menus to meet **special dietary requirements** so that school meals can be enjoyed by all children.

We're proud that all our menus **meet or exceed** Government food and nutrition standards.

Wherever possible we **minimise and eliminate** food additives in the school meals we serve.

The rigour in our sourcing means that we can **trace all our products back to source.**

Our very own team of nutritionists develop all our menus to ensure **balanced and healthy choices.**

Food Super Heroes Menu

<http://loveschoolmeals.co.uk/hounslow/>


Chartwells
EAT LEARN LIVE

Week one

17/04 15/05 19/06 17/07

Monday

Choose a main meal...
Chicken & Vegetable Ratatouille with Wholemeal Rice (M)
Mega Mozzarella & Tomato Stone-baked Pizza ✓ (V)
Tuna Mayo Roll (A)

on the side...
Sadie Sweetcorn
Chop Chop Salad

for dessert...
Individual Custard Pot (choice of Banana, Chocolate or Strawberry)

Tuesday

Choose a main meal...
Pork Bangers, Mash Mountain & Gravy (M)
Veggie Bangers, Mash Mountain & Gravy ✓ (V)
Bud'n' Jud Spud with Baked Beans or Grated Cheese (A)

on the side...
Barry Baked Beans
Diced Swede

for dessert...
Chocolate Cookies

Wednesday

Choose a main meal...
Roast Beef, Bud's Crispy Spuds & Gravy (M)
Super Quorn Roast, Bud's Crispy Spuds & Gravy ✓ (V)
Egg Mayo & Cress Petit Pain (A)

on the side...
Seasonal Cabbage
Sliced Carrots

for dessert...
Fruits of Forest Cake

Thursday

Choose a main meal...
Spinach & Ricotta Tortellini Napoletana (M)
Vege Mince Chilli with Whole Grain Rice ✓ (V)
Tomato & Basil Soup, Giant Herby Croutons ✓ (A)

on the side...
Broccoli
Sweetcorn

for dessert...
Individual Muller Yoghurt

Friday

Choose a main meal...
Fish Fingers, Mash & Ketchup (M)
Roasted Vegetable Bean Wrap & Mash ✓ (V)
Dhal & Basmati Rice ✓ (A)

on the side...
Barry Baked Beans
Garden Peas

for dessert...
Tutti Frutti Cake & Custard

Week two

24/04 22/05 26/06

Choose a main meal...
Mega Mozzarella & Tomato Stone-baked Pizza ✓ (M)
Spanish Style Vegetable Paella ✓ (V)
Hummus & Falafel Wrap (A)

on the side...
Casey Carrots
Green Beans

for dessert...
Cheese & Crackers

Choose a main meal...
Beef Meatballs Italian Style, Wholemeal Rice (M)
Vege Balls Italian Style, Wholemeal Rice ✓ (V)
Cheese & Red Onion Stuffed Bud'n' Jud Spud ✓ (A)

on the side...
Brains Broccoli
Sadie Sweetcorn

for dessert...
Pineapple & Carrot Cake & Custard

Choose a main meal...
Roast Pork, Bud's Crispy Spuds & Gravy (M)
Vegetable & Potato Cheese Bake ✓ (V)
Chicken Tikka Wrap (A)

on the side...
Casey Carrots
Cauliflower

for dessert...
St Clement's Cookie

Choose a main meal...
Chicken & Tomato Wholemeal Pasta (M)
Macaroni Cheese ✓ (V)
Spicy Carrot Soup with a Chunk of Wholemeal Bread ✓ (A)

on the side...
Sweetcorn
Chop Chop Salad

for dessert...
Individual Muller Yoghurt

Choose a main meal...
Breaded Fish & Chips & Ketchup (M)
Veggie Nuggets & Chips ✓ (V)
Bud'n' Jud Spud with Cheesy Coeslaw ✓ (A)

on the side...
Garden Peas
Barry Baked Beans

for dessert...
Orange & Chocolate Cake & Custard

Week three

01/05 05/06 03/07

Choose a main meal...
Beef Burger in a Bun & Jacket Wedges (M)
Crispy Vegetable Burger in a Bun & Jacket Wedges ✓ (V)
Cheese & Apple Slaw Roll ✓ (A)

on the side...
Barry Baked Beans
Sweetcorn

for dessert...
Chocolate Brownie & Custard

Choose a main meal...
Mega Mozzarella & Tomato Stone-baked Pizza ✓ (M)
Quorn & Vegetable Ratatouille, Wholemeal Rice ✓ (V)
Roasted Cauliflower & Chickpea Korma, Basmati Rice ✓ (A)

on the side...
Green Beans

for dessert...
Individual Muller Yoghurt

Choose a main meal...
Roast Turkey, Bud's Crispy Spuds & Gravy (M)
Spanish Omelette served with Bud's Crispy Spuds ✓ (V)
Cheese Roll with Pasta Salad (A)

on the side...
Mixed Fresh Vegetables

for dessert...
Fruit Jelly

Choose a main meal...
Chinese Style Chicken Noodles (M)
Oriental Vegetable Noodles ✓ (V)
Spiced Chick Pea & Coconut Soup with Naan Bread ✓ (A)

on the side...
Braised Cabbage
Sweetcorn

for dessert...
Tutti Frutti Cake & Custard

Choose a main meal...
Fish Fingers, Mash & Ketchup (M)
Quorn Hotdog ✓ (V)
Bud'n' Jud Spud with Grated Cheese ✓ (A)

on the side...
Barry Baked Beans
Garden Peas

for dessert...
Apple & Raisin Flapjack

Week four

08/05 12/06 10/07

Choose a main meal...
Really Cheesy Pizza Bianca (M)
Pasta Pack's Tomato & Basil Pasta ✓ (V)
Egg Mayonnaise Roll (A)

on the side...
Broccoli
Sweetcorn

for dessert...
Silvertops Cool Ice Cream Pot

Choose a main meal...
Chunky Chicken Bite (homemade breaded chicken with pasta salad) (M)
Cheese & Red Onion Quiche, Pasta Salad ✓ (V)
Bud'n' Jud Spud with Chunky Red Slaw (A)

on the side...
Green Beans
Tomato Salsa

for dessert...
Raspberry Loaf Cake

Choose a main meal...
Roast Chicken, Bud's Mash & Gravy (M)
Baked Bean & Cheese Bubble & Squeak ✓ (V)
Crunchy Humus & Red Pepper Tortilla Wrap (A)

on the side...
Seasonal Cabbage
Carrots

for dessert...
Chocolate Crispy

Choose a main meal...
Beef Lasagne, Garlic Bread Wedge (M)
Cheese & Onion Pastie ✓ (V)
Creamed Spinach Soup & Wholemeal Roll ✓ (A)

on the side...
Garden Peas
Chop Chop Salad

for dessert...
Fresh Fruit Salad

Choose a main meal...
Crispy Salmon Fillet & Chips (M)
BBQ Quorn & Bean Wrap with Chips ✓ (V)
Dhal & Basmati Rice ✓ (A)

on the side...
Baked Beans
Sweetcorn

for dessert...
Pineapple & Carrot Cake & Custard

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



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.

