

EAT

LEARN

LIVE



West Sussex Schools Are Taking **The Journey to Good Health!**

As the UK's leading provider of school meals, we at Chartwells know a thing or two about the importance of healthy eating.

And with new, food based standards in place, you can be sure that our packed lunches will provide a range of delicious and nutritious fillings in freshly-baked bread or rolls; fruit, vegetables and salads, plus a healthy drink and a treat item.

Alongside our packed lunch service, we're working on a 2.5 year programme with West Sussex County Council to introduce fresh, appetising hot meals to primary schools in West Sussex using our innovative 'Steamplicity' hot meal service. It'll take a little time, but we think you'll notice a big difference when your child joins us on a 'Journey to Good Health'.

So if, up to now, your child hasn't been eating school meals, this is definitely the time to give them a try.

Healthy food has never tasted THIS good!



Packed lunches cost £1.75 each per day. Alternatively, you can save money by ordering meals in advance.

- For purchases of four to nine weeks, the meals price drops to £1.50 per meal.
- Order meals for 10 weeks or over, and the individual cost falls to £1.25

Meals must be ordered at least 5 working days in advance.
Minimum order 5 meals.

You can pre-pay by credit card via a special hotline on: **0845 603 7998**, go online to **www.mealselector.co.uk** or pop in to our office at:

Chartwells, Barn A, Manor Farm Barns, Selsey Road, Donnington,
Nr Chichester, West Sussex PO20 7PL

www.chartwells.co.uk
email: information@chartwells.co.uk



WEEK 1	Monday	Tuesday	Wednesday	Thursday	Friday
Sandwich or Roll	Cheese & Carrot Mayonnaise on Wholemeal Bread	Tuna Sweetcorn ½ Wrap	Sausage on Malted Bread	Mini Chopped Egg Sandwich	Poached Salmon & Cream Cheese on ½ White Bap
	Chopped Egg Mayonnaise on Wholemeal Bread	Soft Cheese & Biscuit	Chicken and Bacon on Malted Bread	Pitta Bread & Soft Cheese	Slice Cheese on ½ White Bap
Vegetarian Option	Cheese & Carrot Mayonnaise on Wholemeal Bread	Cheese Salad ½ Wrap	Cheddar & Cucumber on White Bread	Mini Chopped Egg Sandwich	Low Fat Soft Cheese on Malted Bread
	Chopped Egg Mayonnaise on Wholemeal Bread	Soft Cheese & Biscuit	Houmous on Malted Bread	Pitta Bread & Soft Cheese	Houmous & Grated Carrot on Malted Bread
Vegetables	Cherry Tomatoes	Carrot Sticks	Cherry Tomatoes	Carrot Sticks	Cucumber Roundels
Fruit	Easy Peeler	Dried Fruit Raisins	Easy Peeler	Dessert Apple	Dried Fruit Raisins
Snack Item	Blackberry & Apple Crumble	Brownie Muffin	Fromage Frais	Original Flap Jack	Müller Fruit Corner
Drink Selection	Apple Juice	Fresh Semi Skimmed Milk	Orange Juice	Apple Juice	Orange Juice
Other	N/A	Plastic Knife	Ketchup Sachet & Plastic Spoon	N/A	Plastic Spoon

WEEK 2	Monday	Tuesday	Wednesday	Thursday	Friday
Sandwich or Roll	Sliced Cheese on ½ White Bap	Roast Chicken & Mayonnaise on a Torpedo Roll	Ham on White Bread	Chicken Sweetcorn on Wholemeal Bread	Ham on ½ Malted Plait
	Soft Cheese & Bread Sticks	Baby Bel Cheese & Crackers	Tuna in Mayonnaise on White Bread	Chopped Egg Mayonnaise on White Bread	
Vegetarian Option	Sliced Cheese on ½ White Bap	Vegetarian Quorn on Malted Bread	Cheddar & Tomato on a Torpedo Roll	Sliced Cheese on Wholemeal Bread	Cheese on ½ Malted Plait
	Soft Cheese & Bread Sticks	Sliced Egg with Mayonnaise & Cress on Malted Bread	Baby Bel Cheese & Crackers	Chopped Egg Mayonnaise on Wholemeal Bread	
Vegetables	Carrot Sticks	Cherry Tomatoes	Carrot Sticks	Cucumber Roundels	Cherry Tomatoes
Fruit	Easy Peeler	Apple & Grape Fruit Bag	Dried Fruit Raisins	Easy Peeler	Dessert Apple
Snack Item	Popcorn	Blackberry & Apple Crumble	Müller Fruit Corner	Original Flap Jack	Brownie Muffins
Drink Selection	Apple Juice	Fresh Semi Skimmed Milk	Apple Juice	Strawberry Milk Drink	Orange Juice
Other	N/A	N/A	Plastic Spoon	N/A	Plastic Spoon

April 2010 - menu subject to availability

Terms & Conditions – Packed Meal Service



- Parents wishing to purchase packed meals for their children must place their order five working days in advance to ensure delivery
- Parents wishing to change their meal schedule after placing their order (e.g. in the event of term time holiday) must notify Chartwells at least five working days in advance to guarantee delivery. (see separate conditions below governing absence)
- All packed meals must be paid for in advance.
- In the event of absence from school, packed meals may be cancelled for the following day provided Chartwells receive notification by TELEPHONE no later than 10.30am on the first day of absence and thereafter by 10.30am on each further day of absence unless already advised. The number to call is 0845 603 7998, meals cannot be cancelled online for sickness days.
- Chartwells are unable to refund the cost of a meal on the first day of absence as this meal will have been delivered to the school.
- Where you have notified Chartwells of your child's absence within the specified time then you will receive a credit for those days that your child is absent from school.
- Please note that cash refunds will not be made.
- If your child has been absent and you have cancelled their packed lunch, you must notify Chartwells a minimum of 48 hours prior to their return to school.