

By switching from
home-made packed lunches to
Food Super Hero packed lunches,
you could save more than

£408*
per child per year

*This saving will depend on the cost
of a packed lunch at your school.

Since September 2014, children in
reception, years 1 and 2 have been
entitled to **FREE school meals**
through the Government's Universal
Infant Free School Meals initiative, but
we notice that your child has packed
lunches. We are Chartwells and we
are responsible for preparing and
serving tasty school meals at lunch
time and we now offer a yummy
packed lunch, so you no longer have
to worry about the fuss of making one
and you can save some money too.

Lovingly prepared,
tasty and nutritious
packed lunches.

We are proud
to have our own
team of registered
nutritionists.

To switch from a home-made packed lunch to our
Food Super Hero packed lunch contact: 01908 615705

Food
**Super
Heroes**

FREE

Food Super Hero
packed lunch for
children in reception,
year 1 & 2

**Packed
Lunch
menu**



Chartwells
EAT LEARN LIVE

Food Super Heroes

Packed Lunch menu

- Our packed lunch menu has been developed in line with School Food Standards
- We offer a vegetarian (v) option every day and we have a great gluten free packed lunch offer too
- Oily fish appears on the menu once every three weeks
- We only use wholegrain or so/so bread
- No confectionery, snacks or fizzy drinks are included in our packed lunches
- Each packed lunch contains 1 fruit portion, 1 veg portion and a dairy portion

Week one

Monday

26/10 16/11 07/12 18/01 08/02 01/03 22/03

Choose from...
Ham Roll
Cheese Roll (V)

For Dessert
Oatie Cookie

Crudités
Raisins

Fruit
Orange

Tuesday

Choose from...
Egg Mayo Roll (V)
Pasta Pot (V)

For Dessert
Jammy Flapjack

Crudités
Cheddar Finger

Fruit
Apple

Wednesday

Choose from...
Ham Sandwich
Cheese Sandwich (V)

For Dessert
Toffee Apple Slice

Crudités
Cucumber

Fruit
Orange

Thursday

Choose from...
Chicken & Cheese Wrap
Egg Mayo Sandwich (V)

For Dessert
Frube

Crudités
Raisins

Fruit
Apple

Friday

Choose from...
Tuna Mayo Roll
Cheese Roll (V)

For Dessert
Chocolate Blackcurrant Slice

Crudités
Carrot Bag

Fruit
Orange

Week two

02/11 23/11 14/12 04/01 25/01 08/03 29/03

Choose from...
Ham Roll
Cheese Roll (V)

For Dessert
Oatie Cookie

Crudités
Raisins

Fruit
Orange

Choose from...
Egg Mayo Roll (V)
Pasta Pot (V)

For Dessert
Jammy Flapjack

Crudités
Cheddar Finger

Fruit
Apple

Choose from...
Ham Sandwich
Cheese Sandwich (V)

For Dessert
Toffee Apple Slice

Crudités
Cucumber

Fruit
Orange

Choose from...
Chicken & Cheese Wrap
Egg Mayo Sandwich (V)

For Dessert
Frube

Crudités
Raisins

Fruit
Apple

Choose from...
Tuna Mayo Roll
Cheese Roll (V)

For Dessert
Chocolate Blackcurrant Slice

Crudités
Carrot Bag

Fruit
Orange

Week three

09/11 30/11 11/01 01/02 22/02 15/03

Choose from...
Ham Roll
Cheese Roll (V)

For Dessert
Oatie Cookie

Crudités
Raisins

Fruit
Orange

Choose from...
Egg Mayo Roll (V)
Pasta Pot (V)

For Dessert
Jammy Flapjack

Crudités
Cheddar Finger

Fruit
Apple

Choose from...
Ham Sandwich
Cheese Sandwich

For Dessert
Toffee Apple Slice

Crudités
Cucumber

Fruit
Orange

Choose from...
Chicken & Cheese Wrap
Egg Mayo Sandwich (V)

For Dessert
Frube

Crudités
Raisins

Fruit
Apple

Choose from...
Tuna Mayo Roll
Cheese Roll (V)

For Dessert
Chocolate Blackcurrant Slice

Crudités
Carrot Bag

Fruit
Orange

There is a dairy item on the menu everyday to contribute towards calcium levels and give super-strong bones.

Cool water served daily. Keep topped up - it will help you concentrate all day long.

Our packed lunch provides 2 of your 5 a day.