

Autumn 2019 /
Winter 2020

Barry

Barry the Beans packs a mighty protein punch! He's a real bodybuilder, using his muscle power to help build the team's energy and spirit.



Bud 'n' Jud

Bud 'n' Jud the Spuds are big, but they're bursting with energy thanks to their carbohydrate super-power. When there's hard physical work ahead, Bud 'n' Jud are raring to go!



Silvertop

Silvertop's super-charged calcium levels give him his super-strong bones. Our heroes can always rely on him during their adventures.



Food

Super Heroes

Menu

Brains

Packed full of iron to help growing minds work better, Brains the Broccoli is always on the ball to hatch perfect plans for the team.



Meet the

Food Super Heroes

Hydra

Hydra is always working hard to fight off evil toxins that stop the team from performing at their best. She never rests, rarely makes mistakes and her powers of concentration are immense!



Who is your favourite?

The Pasta Pack

The Pasta Pack are an unruly bunch, each with their own unique personality. Their wholegrain powers make them passionate with strong hearts, and they'll stop at nothing to defend the team.



Boss

The leader of the team, Boss the Banana's fibre helps keep everything running smoothly. When our team gets stuck, the Boss is always around to get things moving again.



Doc

Doc the Kiwi knows just what the team needs to keep on top of its game. She helps our heroes stay healthy by boosting their immune systems and preventing illness.



Casey

Casey the Carrot's superhero levels of vitamins keep her eyes sharp... even in the dark! She's always looking out for the team.



Chartwells
EAT LEARN LIVE

Week one

Monday

20/04 11/05 01/06 22/06 13/07 14/09 05/10 26/10

Choose a main meal...

Cheese & Tomato Pizza with Dough Balls
Quorn Nuggets with Sweet Potato Wedges
Jacket Potato with Selection of toppings

on the side...

Seasonal Veg
for dessert...
Chocolate Brownie

Tuesday

Choose a main meal...

Turkey Burger with Potato Wedges
Mac N Cheese
Jacket Potato with a selection of toppings

on the side...

Seasonal Veg
for dessert...
Raspberry Ripple Ice-Cream

Wednesday

Choose a main meal...

Roast Chicken with Roast Potatoes & Gravy
Sweet Potato & Chickpea Roast with Roast Potatoes & Gravy
Jacket Potato with a Selection of Toppings

on the side...

Seasonal Veg
for dessert...
Banana Oat Bite

Thursday

Choose a main meal...

Beef Pasta Bolognese
Quorn Hotdog with Potato Wedges
Jacket Potato with a Selection of Toppings

on the side...

Seasonal Veg
for dessert...
Summer Berry & Peach Oaty Crumble with Custard

Friday

Choose a main meal...

Golden Fish Fingers with Chips
Veggie Burrito
Jacket Potato with a selection of Toppings

on the side...

Peas
Baked Beans
for dessert...
Fruit Jelly

Week two

27/04 18/05 08/06 29/06 20/07 31/08 21/09 12/10

Choose a main meal...

Cheese & Tomato Pizza with Dough Balls
Sausages & Mash with Gravy
Jacket Potato with a Selection of Toppings

on the side...

Seasonal Veg
for dessert...
Chocolate Mousse

Choose a main meal...

Chicken Tikka Masala with Rice
Bean & Cheese Wrap
Jacket Potato with a Selection of Toppings

on the side...

Seasonal Veg
for dessert...
Fruit Muffin

Choose a main meal...

Roast Gammon with Roast Potatoes & Gravy
Vegetable Pastry Slice with Roast Potatoes & Gravy
Jacket Potato with a Selection of Toppings

on the side...

Seasonal Veg
for dessert...
Strawberry Ice Cream

Choose a main meal...

Beef Lasagne with Garlic Bread
Vegetable Chilli Taco
Jacket Potato with a Selection of Toppings

on the side...

Seasonal Veg
for dessert...
Chocolate Sponge Cake

Choose a main meal...

Chicken Goujons with Chips
Mac N Cheese
Jacket Potato with a selection of Toppings

on the side...

Peas
Baked Beans
for dessert...
Oatie Biscuits with Fruit Slices

Week three

04/05 25/05 15/06 06/07 27/07 07/09 28/09 19/10

Choose a main meal...

Chinese Veggie Noodles
Cheese & Tomato Pizza with Dough Balls
Jacket Potato with a Selection of Toppings

on the side...

Seasonal Veg
for dessert...
Raspberry Yoghurt Cake

Choose a main meal...

Pork Sausages with Creamy Mash & Beans
Quorn Bolognese with Pasta
Jacket Potato with a Selection of Toppings

on the side...

Seasonal Veg
for dessert...
Shortbread with Peach Slices

Choose a main meal...

Roast Turkey with Roast Potatoes & Gravy
Country Vegetable Pie With Roast Potatoes & Gravy
Jacket Potato with a Selection of Toppings

on the side...

Seasonal Veg
for dessert...
Fruit Jelly

Choose a main meal...

Beef Pasta Bolognese
Veggie Meatballs with Pasta
Jacket Potato with a Selection of Toppings

on the side...

Seasonal Veg
for dessert...
Chocolate Apricot Brownie

Choose a main meal...

Golden Fish Fingers with Chips
Veggie Burger with Chips
Jacket Potato with a Selection of Toppings

on the side...

Baked Beans
Peas
for dessert...
Vanilla Ice Cream

All our milk is Red Tractor approved



WE BUY 95% of our seasonal vegetables direct from British growers



FRESH SALAD IS AVAILABLE ON A DAILY BASIS

REDUCING OUR CARBON FOOTPRINT OVER 30% of our products are transported by vehicles that run on biodiesel

WE SUPPORT 82 BRITISH DAIRY FARMS



We only use Lion Quality British Eggs



FARM TO FORK We can trace every cut of meat back to the farms of origin

ALL OUR BREAD IS FRESHLY BAKED EVERY DAY

ALL our bananas are FAIRTRADE

