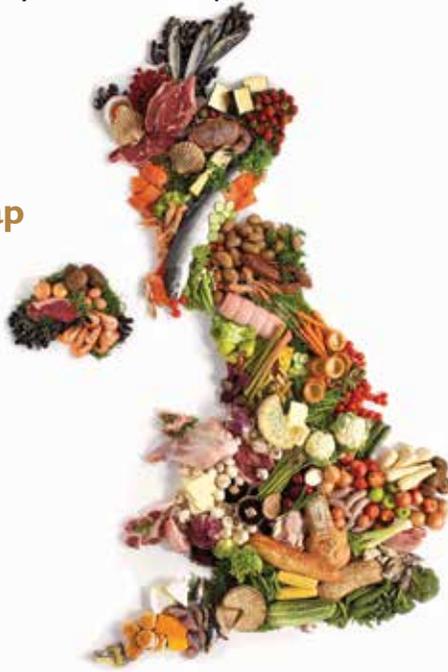


SOURCING

The purchasing decisions we make have an impact on food production, sustainability, the environment and the wider community.

- 100% of our fresh milk and eggs are UK sourced.
- All our processed meat products are DNA tested.
- Our bananas are all fairtrade.
- Our menus are developed to reflect seasonality.
- All the fish we buy comes from sustainable, well managed marine sources.
- We work with our suppliers to reduce road miles by reducing the number of deliveries.
- We actively recycle wherever possible.

UK Food Sourcing Map



OUR MENU

Our secondary school menus are full of fresh, tasty and nutritious meals created by our highly-trained team of catering experts.

This is just one example of our weekly menus which are balanced, healthy and enticing.

| | | | | |
|--|---|---|---|--|
| MONDAY Norfolk Plough Pudding Quorn & Vegetable Lasagne Creamed Potatoes Fresh Broccoli Florets & Carrot Batons Apple & Blueberry Twice Baked Crumble with Vanilla Custard | TUESDAY Spaghetti Bolognese Goats Cheese, Lemon & Herb Risotto Fresh Garden Peas & Coleslaw Key Lime Pie | WEDNESDAY Roast Topside of Beef with Gravy Cheese & Leek Patties Roast Potatoes or New Potatoes Fresh Cabbage & Diced Swede Chocolate Sponge with Vanilla Custard | THURSDAY Thai Green Chicken Curry Sag Aloo Curry Basmati Rice Fresh Carrot Rondelles & Sweetcom Summer Pudding with Crème Fraiche | FRIDAY Crispy Battered Fillet of Fish with Home-Made Tartar Sauce Falafel with Pitta Bread Chunky Chips Fresh Garden or MUSHY Peas & Courgettes Carrot Cake with Vanilla Custard |
|--|---|---|---|--|

Fresh fruit, salad and drinking water are available every day along with a jacket potato option, and all our bread is home-made daily.

For more information or to sign up to school meals contact us:

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OUR SCHOOL MEALS

Secondary school pupils need healthy, nutritionally balanced food to help their minds and bodies grow. That's why our menu development team of executive chefs and nutritionists go to great lengths to create nutritionally balanced dishes that are familiar and appealing to young diners.

Our specialist team analyse meals against government school food standards to ensure we are meeting all guidelines and requirements and where necessary, we can provide menus for pupils with special dietary needs.

We monitor food trends throughout the UK and work closely with our development chefs and suppliers to continuously provide a great range of innovative food and product offers as well as great value for money.

With so much good, healthy hot food on offer, you can be sure that our secondary school menu has a healthy option to suit all tastes and budgets.



NUTRITION

Chartwells has a team of qualified nutritionists supporting our frontline catering teams.

Our innovative range of interactive workshops demonstrates our commitment to promoting healthy eating to the school community in an informative, entertaining and engaging way. Supporting staff, students, teachers and parents on the journey to good health.

Resources we can provide for our schools include:

- Talks & Assemblies: Linked to the national curriculum and run by our nutritionists, to raise awareness of the importance of healthy eating.
- Online Education Resources: We offer various education programmes that are freely available for our schools to use including a set of nutritional factsheets for parents and pupils.

These are displayed regularly in the school dining hall or available on our website.



FREE SCHOOL MEALS

If you get any of the following support payments your child may be entitled to receive free school meals:

- Income Support
- Income-based Jobseekers Allowance
- Income-related Employment and Support Allowance
- Support under Part VI of the Immigration and Asylum Act 1999
- The guaranteed element of State Pension Credit
- Child Tax Credit (provided you're not also entitled to Working Tax Credit and have an annual gross income of no more than £16,190)
- Working Tax Credit run-on - paid for 4 weeks after you stop qualifying for Working Tax Credit
- Universal Credit

Children who receive a qualifying benefit in their own right are also allowed to receive free school meals.

Children under the compulsory school age who are in full time education may also be entitled to receive free school meals.

If you think your child is entitled to free school meals, you'll usually need to fill in an application form supplied by your local council. Give your completed application to your child's school and make sure you can show documentary proof of any support you are receiving.

For more information on entitlement in your area visit www.gov.uk/apply-free-school-meals

Information from www.gov.uk June 2013

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