

# Autumn MENU 2013



"I think the meals are nutritious, varied and very good value for money."

Parent of child in year 6



"Excellent! Excellent food that's made a real difference to our child's energy throughout the day."

Parent of child in year 3



Chartwells will be holding these theme days:

November:  
NSMW, Bonfire Night

December:  
Christmas

January:  
Chinese New Year

March:  
World Book Day

May:  
Italian, BBQ, Walk to School Week

July:  
World Cup Football

Chartwells  
Medway City Estate 86 Riverside  
Sir Thomas Longley Road  
Rochester  
Kent  
ME2 4BH  
01634 724074

Our commitment to healthy eating in our schools is still as strong as ever. To ensure our young customers eat well and understand the importance of a healthy diet and lifestyle we make sure that:

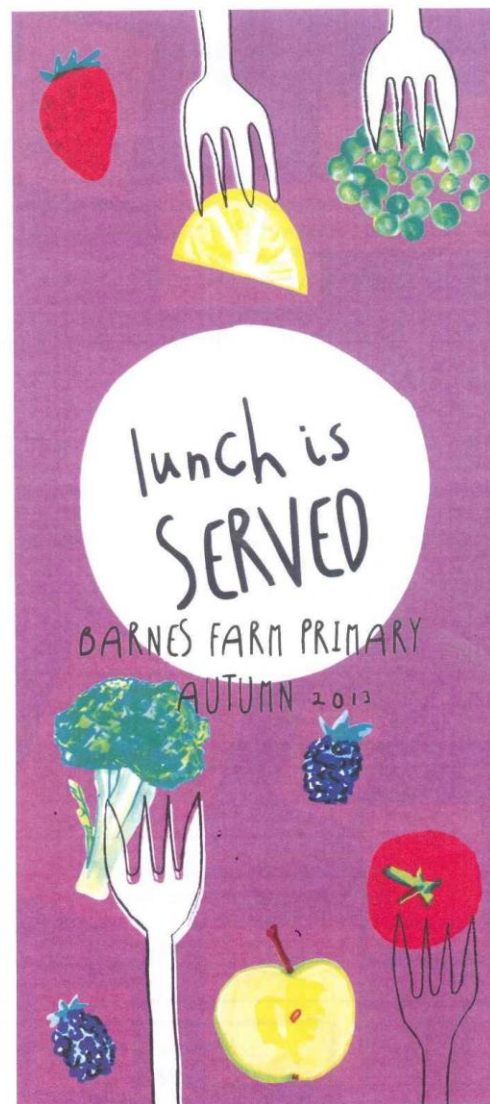
- Our menus meet or exceed government food and nutrition standards
- We minimise and where possible eliminate food additives
- Our team of nutritionists develop all our menus to ensure balanced, healthy choices
- Our products from suppliers can be traced back to source
- Our menus can be adapted to meet your needs

If you'd like to know more about our school meals, please contact your school or email us at [eatlearnlive@Chartwells.co.uk](mailto:eatlearnlive@Chartwells.co.uk)

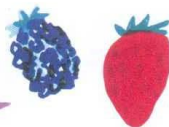
Are you claiming your free school meal?

If you are in receipt of certain benefits your child may be entitled to free school meals. For more information contact:

Your local county council and ask for Free School Meal Department



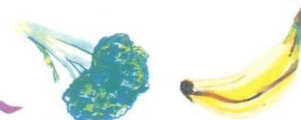
WEEK 1



WEEK 2



WEEK 3



## BARNES FARM PRIMARY SCHOOL MENU AUTUMN 2013

MONDAY

Cheese and Tomato Pizza with Jacket Wedges  
Jacket Potato with Cheese or Beans  
Garden Peas, Baked Beans  
Apple Crumble with Custard

Chicken and Broccoli Pasta Bake  
Jacket Potato with Cheese or Tuna  
Mixed Vegetables, Garden Peas  
Oaty Flapjack

Cheese Pastry Puff with Mashed Potato  
Jacket Potato with Cheese or Beans  
Baked Beans, Garden Peas  
Fruity Delight

TUESDAY

Sweet & Sour Chicken with Rice  
Jacket Potato with Tuna or Cheese  
Broccoli, Sweetcorn  
Shortbread with Fruit

Sausages with Mashed Potatoes and Gravy  
Jacket Potato with Beans or Cheese  
Green Beans, Baked Beans  
Lemon Drizzle Cake with Custard

Italian Beef Bolognaise with Garlic Bread  
Jacket Potato with Cheese or Bolognaise  
Broccoli, Sweetcorn  
Cornflake Tart with Custard

WEDNESDAY

Roast Turkey with Roast Potatoes and Gravy  
Jacket Potato with Cheese or Beans  
Cabbage, Carrots  
Yoghurt with Fruit Dippers

Roast Chicken with Roast Potatoes and Gravy  
Jacket Potato with Cheese or Tuna  
Carrots, Cabbage  
Crunchy Fruit Crumble with Custard

Roast Turkey with Roast Potatoes and Gravy  
Jacket Potato with Cheese or Tuna  
Cabbage, Carrots  
Syrup Sponge with Custard

THURSDAY

Italian Beef Lasagne with Crusty Bread  
Jacket Potato with Tuna or Cheese  
Garden Peas, Cauliflower  
Jelly with Fruit

Chilli Con Carne with Rice  
Jacket Potato with Cheese or Chilli  
Sweetcorn, Broccoli  
Frozen Raspberry Yoghurt

Chicken Korma with Rice and Naan Bread  
Jacket Potato with Chicken Curry or Cheese  
Sweetcorn, Green Beans  
Chocolate Cookie

FRIDAY

Breaded Cod with Chipped Potatoes  
Jacket Potato with Cheese or Beans  
Baked Beans, Green Beans  
Orange Sponge with Custard

Beefburger in a Bun with Chipped Potatoes  
Jacket Potato with Beans or Cheese  
Garden Peas, Baked Beans  
Chocolate Fruit Crispy

Fish Fingers with Chipped Potatoes  
Jacket Potato with Beans or Tuna  
Baked Beans, Garden Peas  
Ice Cream with Fruit



Cool Milk and Chilled Water  
Available daily

Bread, Mixed Salad and Seasonal Fresh Fruit  
Served Daily

