

Dear Parent/Guardian,

I am delighted to introduce Chartwells, the UK's leading provider of quality catering services to the Education sector. Chartwells have recently been awarded the catering contract for Schools within the Diocese of Norwich Academy Trust.

Our menus have been created after engaging with over 25,000 pupils and parents across the country and include the best quality ingredients sourced directly from growers and producers. This ensures we can maintain a robust supply chain and have complete traceability from the field to the plate.



Our philosophy of Eat, Learn, Live helps us to educate young people about how to lead a happy, safe and healthy lifestyle while contributing to a sustainable world.

**EAT** - We love delighting young people with tasty, freshly prepared food. Developed by award-winning chefs using great ingredients, we present it with passion and deliver it with care and pride. Nutritionally compliant to school food standards, we give pupils and students the choice and variety that keeps them coming back.

**LEARN** - We love enhancing the understanding, fun, experience and attainment of young people by sharing the importance of healthy eating from a young age. We support their achievement at school and beyond through the curriculum, interactive nutrition and education, and helping them develop personally.

**LIVE** - We care for the environment we live in and help to create a sustainable world for future generations – both in what we do and in how we help to educate young people. We support British farmers by buying locally sourced eggs and milk. We're proud too to support Mary's Meals, feeding over 3000 children in Africa every year.

## Theme Days

We love making lunchtimes even more memorable with special days the children will remember. The children love our special theme days, they add excitement, turn lunchtimes into real events and they're educational too! So, throughout the academic year, we deliver theme day menus, featuring favourites such as British, American and Italian dishes as well as exciting picnic and barbecue foods in the summer months.



It's all about encouraging children to try different things, experience new tastes and learn a bit about the food and cultures too on their activity-based place mats.

## How do we decide what to put on the menu, on which days?

We always reflect the seasons, with lighter dishes in spring and summer and more warming dishes in the autumn and winter months. We also know that traditional roast dinners are preferred midweek, so we tend to serve these on Wednesdays. And, of course, Fridays just wouldn't be the same without fish and chips. We always have to make sure that each day offers variety and is balanced nutritionally according to the government's food and nutrition standards.



## We're All Ears!

We're always aiming to please and through our 'We're All Ears' parent survey, every year we get feedback on how we can improve and make things even better! We also use feedback around where you eat on the high street, what you eat at home and what you'd like to see more of on our menus - we even gave parents the chance to win family tickets to One Direction at London's O2 as a thank you for their time in completing the questionnaire! Also, let's not forget the pupils, who are asked for feedback in many different ways about what they'd like to see more or less of and they even help us to choose the designs of our menus through voting in our surveys and our interactive touch screens.



## Beyond the Kitchen

How do you get across the importance of healthy eating and its vital connection with learning and attainment - in an informative, entertaining and engaging way?



We know that helping children make the best choices and learning things now, will be things that they take away into their adult life. And now that learning about cooking and nutrition is a compulsory part of the national curriculum, what's the best way to bring it all to life? Our "Putting Fun Back into Food" team are dedicated to delivering a whole range of fun classroom activities and work with schools to create the programme that's just right for them. Take for example our new Nutrition Smartboard – it's a free online education resource tool to help teachers and teaching assistants with lesson ideas and classroom activities to get across the importance of a balanced diet and an active lifestyle from a young age.

A journey is never about standing still. Chartwells in partnership with your school will ensure that we offer your children a Government compliant, nutritionally balanced and tasty meal every day.

We hope you have enjoyed the read, for further information on our service or should you have any queries, please do not hesitate to contact me.

Helen Baylis  
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## Week one

16/04 07/05 04/06 25/06 16/07 10/08 01/10

**Choose a main meal...**  
Mozzarella & Tomato Pizza with Pasta Salad ✓  
Mediterranean Summer Beans with Rice ✓

**on the side...**  
Crunchy Salad  
Peas  
**for dessert...**  
Wedges of Melon & Orange

## Week two

23/04 14/05 11/06 02/07 23/07 17/08 08/10

**Choose a main meal...**  
Mac 'N' Cheese ✓  
Spaghetti and Veggie-Meatballs ✓

**on the side...**  
Broccoli  
Sweetcorn  
**for dessert...**  
Vanilla Ice Cream

## Week three

30/04 21/05 18/06 09/07 03/08 24/08 15/10

**Choose a main meal...**  
Cheesy Pizza with Jacket Wedges ✓  
Vegetarian Bolognese Pasta ✓

**on the side...**  
Peas  
Apple Slaw  
**for dessert...**  
Mango Frozen Yoghurt

## Monday

**Choose a main meal...**  
Mozzarella & Tomato Pizza with Pasta Salad ✓  
Mediterranean Summer Beans with Rice ✓

**on the side...**  
Crunchy Salad  
Peas  
**for dessert...**  
Wedges of Melon & Orange

## Tuesday

**Choose a main meal...**  
Chicken Mayo Burger with Jacket Wedges  
Mild Vegetable Biryani ✓

**on the side...**  
House Coleslaw  
Sweetcorn  
**for dessert...**  
Mini Chocolate Brownie with Banana and Custard

## Wednesday

**Choose a main meal...**  
Roast Pork with Roast Potatoes & Gravy  
Quorn Roast with Roast Potatoes & Gravy ✓

**on the side...**  
Seasonal Cabbage  
Carrots  
**for dessert...**  
Blueberry Frozen Yoghurt

## Thursday

**Choose a main meal...**  
Mild Beef Chill with Rice  
Macaroni, Cheese & Sweetcorn Bake ✓

**on the side...**  
Broccoli  
Cauliflower  
**for dessert...**  
Berry Flapjack

## Friday

**Choose a main meal...**  
Crispy Fish & Chips  
Veggie Hot Dog with Chips ✓

**on the side...**  
Baked Beans  
Peas  
**for dessert...**  
Orange Shortbread with Yoghurt Dipper

### Choose a main meal...

Pork Sausages with Creamy Mash & Gravy  
Vegetarian Sausages with Creamy Mash & Gravy ✓

### on the side...

Carrots  
Seasonal Cabbage  
**for dessert...**  
Chocolate Mousse Pot serves with Banana

### Choose a main meal...

Roast Turkey with Roast Potatoes & Gravy  
Cauliflower & Broccoli Cheese Bake with Roast Potatoes & Gravy ✓

### on the side...

Green Beans  
Roasted Vegetables  
**for dessert...**  
Oatle Biscuit with Fruit Slices

### Choose a main meal...

Beef Enchilada (Mexican Beef Wrap) with Rice  
Creamy Tomato & Basil Pasta ✓

### on the side...

Sweetcorn  
Peas  
**for dessert...**  
Lemon Shortbread Biscuit

### Choose a main meal...

Cod Fish Fingers & Chips  
Bean Burger in a Bun with Tomato Relish & Chips ✓

### on the side...

Baked Beans  
Peas  
**for dessert...**  
Strawberry Jelly

### Choose a main meal...

Creamy Mild Chicken Curry with Rice  
Quorn Hot Dog Pasta Bake ✓

### on the side...

Sweetcorn  
Crunchy Salad  
**for dessert...**  
Peach Crumble with Custard

### Choose a main meal...

Honey Roast Gammon with Roast Potatoes & Gravy  
Country Vegetable Pie with Gravy ✓

### on the side...

Broccoli  
Carrots  
**for dessert...**  
Wedges of Pear, Apple & Orange

### Choose a main meal...

Bolognese Pasta  
Mild Potato & Chickpea Curry with Rice ✓

### on the side...

Sweetcorn  
Roast Mediterranean Vegetables  
**for dessert...**  
Chocolate & Gingerbread Bite

### Choose a main meal...

Cod Fish Fingers with Chips  
Salmon Fish Fingers with Chips  
Bean & Pepper Fajita with Chips ✓

### on the side...

Baked Beans  
Peas  
**for dessert...**  
Strawberry Ice Cream



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

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

FRESH SALAD  
IS AVAILABLE ON  
A DAILY BASIS

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

All our  
milk is Red  
Tractor  
approved