

# Week one

Monday

W/C 4 Sept, 25 Sept, 16 Oct, 6 Nov, 27 Nov

**Beef and Vegetable Stew**  
Slow braised beef and vegetables in a rich gravy

**Mashed Potato**

**Diced Carrot**

**Vegetable Bolognese Pasta Bake**  
Soy mince and vegetables in an Italian style tomato bolognese sauce served over pasta

**For Dessert...**  
Chocolate Brownie

**Jacket Potato with Spaghetti Hoops**

Tuesday

**Ham and Cheese Carbonara Pasta Bake**  
Creamy ham and cheese sauce served over pasta

**Diced Potatoes**

**Sweetcorn**

**Veggie Balls in BBQ Sauce**  
Oven baked veggie balls served in a sweet BBQ sauce

**For Dessert...**  
Toffee Apple Turnover

**Jacket Potato with Vegetable Bolognese**

Wednesday

**Mild Chicken Curry**  
Diced chicken breast served in a mild tomato, lentil and yoghurt curry sauce

**Wholegrain Rice**

**Mixed Vegetables**

**Sweet and Sour Quorn**  
Quorn pieces served in a sweet and sour sauce

**For Dessert...**  
Chocolate Sponge with Custard

**Jacket Potato with Baked Beans**

Thursday

**Roast Turkey with Gravy**  
Roasted and sliced turkey served with a traditional gravy

**Roast Potatoes**

**Green Beans**

**Vegetarian Fillet with Gravy**  
Vegetarian fillet served with a traditional gravy

**For Dessert...**  
Flapjack Bites

**Jacket Potato with Tuna Mayonnaise**

Friday

**Fish Fingers**  
Oven baked white fish fingers in golden breadcrumbs with tomato ketchup

**Chips**

**Garden Peas**

**Quorn Burger in a Bun**  
Quorn burger served in a soft roll with tomato ketchup

**For Dessert...**  
Muller Yoghurt

**Jacket Potato with Cheese**

# Week two

W/C 11 Sept, 2 Oct, 23 Oct, 13 Nov, 4 Dec

**Lamb and Mint Meatballs in Tomato Sauce**  
Oven baked lamb and mint meatballs served in a sweet tomato sauce

**Wholegrain Rice**

**Diced Carrot**

**Sweet Vegetable and Kidney Bean Casserole**  
Sweet vegetables, potato and kidney beans in a tomato sauce

**For Dessert...**  
Chocolate Brownie

**Jacket Potato with Spaghetti Hoops**

**Roast Beef and Gravy**  
Roasted and sliced silverside of beef served with a traditional gravy

**Roast Potatoes**

**Mixed Vegetables**

**Quorn Roast**  
Roasted Quorn loaf sliced and served with a traditional gravy

**For Dessert...**  
Oat Cookie

**Jacket Potato with Cheese**

**Macaroni Cheese**  
Short cut macaroni served in a creamy cheese sauce

**Potato Wedges**

**Sweetcorn**

**Chickpea Stroganoff**  
Chickpeas and vegetables cooked in a tomato and cream sauce

**For Dessert...**  
Citrus Sponge and Clementines

**Jacket Potato with Tuna and Sweetcorn Mayonnaise**

**BBQ Chicken Fillet**  
Marinated oven baked chicken breast

**Mashed Potato**

**Green Beans**

**Vegetarian Sausages**  
Oven baked Linda McCartney vegetarian chorizo and red pepper sausages

**For Dessert...**  
Sticky Toffee Pudding with Custard

**Jacket Potato with Sweet Vegetable Curry**

**Smart Crumb Fish Fillet**  
Crumbed oven baked white fish fillet served with tomato ketchup

**Chips**

**Garden Peas**

**Quorn Hotdog in a Soft Roll**  
Quorn hotdog served in a soft roll with tomato ketchup

**For Dessert...**  
Muller Yoghurt

**Jacket Potato with Baked Beans**

# Week three

W/C 18 Sept, 9 Oct, 30 Oct, 20 Nov, 11 Dec

**Cheese and Tomato Pizza**  
Whole wheat pizza base topped with tomato sauce and cheese

**Diced Potatoes**

**Sweetcorn**

**Roast Vegetable Pasta Bake**  
Roasted vegetables in a tomato sauce served over pasta

**For Dessert...**  
Chocolate Cookie

**Jacket Potato with Vegetable Bolognese**

**Pork Sausages with Mashed Potato**  
British pork sausages served with mashed potato and beans

**Mashed Potato**

**Baked Beans**

**Plain Omelette**  
Lightly seasoned free range omelette made from British Red Lion eggs

**For Dessert...**  
Pancakes & Peaches

**Jacket potato with Salmon Mayonnaise**

**Cottage Pie**  
Beef mince and vegetables in a rich gravy topped with mashed potato

**Wholegrain Rice**

**Green Beans**

**Vegetable Korma**  
Mixed vegetables in a mild creamy curry sauce

**For Dessert...**  
Banana Sponge with Custard

**Jacket Potato with Baked Beans**

**Roast Pork with Gravy**  
Roasted and sliced loin of pork served with a traditional gravy

**Roast Potatoes**

**Diced Carrot**

**Vegetarian Fillet with Gravy**  
Vegetarian fillet served with a traditional gravy

**For Dessert...**  
Flapjack Bites

**Jacket Potato with Cheese**

**Fish Fingers**  
Oven baked white fish fingers in golden breadcrumbs with tomato ketchup

**Chips**

**Garden Peas**

**Vegetarian Sausages**  
Oven baked Linda McCartney red onion and rosemary sausages

**For Dessert...**  
Muller Yoghurt

**Jacket Potato with Spaghetti Hoops**



If your school is an online ordering school visit our website to book your meals:  
[www.dorset\\_mealselector.co.uk](http://www.dorset_mealselector.co.uk)

Keep yourself topped up with water – it will help you concentrate all day long.



If you don't fancy dessert, you can **always** enjoy fresh fruit or yoghurt.



For more information please contact:  
Email: [BPDAdmin@compass-group.co.uk](mailto:BPDAdmin@compass-group.co.uk)  
Tel: 01202 691 038



# F.A.Q's

## What is your website address?

[www.dorset.mealselector.co.uk](http://www.dorset.mealselector.co.uk)

## Please could you explain your cut off points?

To order meals on our website, the cut off point is always the Sunday (midnight) a full 7 days before the week starts.

## Can we make changes to our orders?

As long as your child's school accepts amendments then we can make changes to your order up to 48 working hours before the meal is to be served. e.g. If you need to change a meal on Friday you would need to contact the office before Wednesday 12:00 midday to ensure we can make the change.

## Do you provide packed lunches for school trips?

We can provide a packed lunch instead of the hot school lunch for an away day. To order this please contact the office on 01202 691038 or by email [bpadmin@compass-group.co.uk](mailto:bpadmin@compass-group.co.uk) Away day packed lunches consist of Cheese Roll, Crudit , Cake or Cookie of the Day, an Orange and a Bottle of Water.

## My Child has Special Dietary Requirements, are you able to cater for them?

If your child suffers from an allergy or intolerance to any of the 14 listed EU allergens we are able to provide a nutritionally approved menu for them. Please contact Jacqui on 01202 691038 or by email [jacqueline.roe@compass-group.co.uk](mailto:jacqueline.roe@compass-group.co.uk) to discuss your child's needs.

## Is the food you produce sustainably sourced?

We try wherever possible to use British Suppliers / Locally sourced food.  
All of our Fish is MSC sustainably sourced.  
All of the meat products in the main menu options is British sourced.  
Our Eggs are all from Free Range Hens.  
All of our puddings are homemade in Dorset.



# Did You Know...?

## If your Child is in KS1 they are Entitled to a Free School Meal

We just want to take this opportunity to remind you that if you have a child in Reception, Year 1 or Year 2 in England, your child is entitled to enjoy a school meal every day, for free!

Children in Year 3 and above may also be entitled to receive Free School Meals if parents are in receipt of financial support



## There are 3 Meal Options Available Daily

There is a choice of 3 tasty options to choose from every day, the main option, a vegetarian option or the alternative option. You can pick and choose which days you have which option so it doesn't have to be one type all term and your child can always have their favourite! You can also change the booked meal option by accessing your online account and changing the option. If the week has been 'locked', contact us on 01202 691038 (48 hour notice)

## You Can Book a Whole Term's Meals in Advance

You can book your meals in advance so you don't have to remember to order weekly!

This can be done weekly, bi-weekly, monthly or for the whole term in one go. Remember, you can always go back in and change your options.

For more information please contact:

Email: [BPAdmin@compass-group.co.uk](mailto:BPAdmin@compass-group.co.uk)

Tel: 01202 691 038



  
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