







WEEK COMMENCING: 1 NOV / 22 NOV / 13 DEC / 3 JAN / 24 JAN / 7 MARCH / 28 MARCH

WEEK 1










MONDAY

- Vegetable & Lentil Bolognese with Penne Pasta 
- Oven Baked Quorn Sausage with Creamy Mashed Potato & Gravy 
- Oven Baked Chicken Sausages with Creamy Mashed Potato & Gravy  
- Sweetcorn & Broccoli Florets 
- Strawberry Flavoured Frozen Yoghurt 

TUESDAY

- Roasted Vegetable, Chickpea & Herb Couscous 
- Classic Macaroni Cheese with Garlic Bread 
- Lamb Kheema Matar with Steamed Rice  
- Garden Peas & Cauliflower Florets 
- Oaty Apple Crumble with Organic Vanilla Custard 







WEDNESDAY

- Jacket Potato & Cheese , Baked Beans , Tuna Mayo  or Coleslaw 
- Roasted Veggie Strips with Yorkshire Pudding, Roast Potatoes & Gravy 
- Roast Chicken Breast with Yorkshire Pudding, Roast Potatoes & Gravy  
- Carrots & Steamed Green Beans 
- Pineapple Upside Down Sponge 

THURSDAY

- Mixed Vegetable Biryani 
- Pasta Al Pomodoro Penne Pasta in a Rich Tomato Sauce 
- Traditional Margherita Pizza 
- Vegetable Medley & Sweetcorn 
- Zesty Orange Drizzle Cake 

FRIDAY

- Chickpea & Sweet Potato Shakshuka with Rice 
- Cheese & Onion Quiche with Chunky Chips 
- Golden Crumbed Fish Fingers with Chunky Chips  
- Garden Peas & Baked Beans 
- Crispy Chocolate Squares 










WEEK COMMENCING: 8 NOV / 29 NOV / 10 JAN / 31 JAN / 21 FEB / 14 MARCH

WEEK 2







MONDAY

- Rajma Masala with Steamed Rice 
- Cheese, Potato & Red Onion Frittata with Jacket Wedges 
- Lamb Meatballs in a Herby Italian Tomato Sauce with Penne Pasta  
- Carrots & Vegetable Medley 
- Creamy Vanilla Ice Cream 









TUESDAY

- Jacket Potato & Cheese , Baked Beans , Tuna Mayo  or Coleslaw 
- Grilled Quorn Burger in a Bun with Tomato Ketchup 
- Chicken A'la King with Steamed Rice Chicken in a Creamy Sauce  
- Sweetcorn & Broccoli Florets 
- Apple & Banana Sponge Cake 







WEDNESDAY

- Mexican Bean & Vegetable Chilli with Rice 
- Vegetable & Sweet Potato Bake with Gravy 
- Roast Turkey Breast with Yorkshire Pudding, Roast Potatoes & Gravy  
- Garden Peas & Roasted Root Vegetables 
- Strawberry Jelly 

THURSDAY

- Jacket Potato & Cheese , Baked Beans , Tuna Mayo  or Coleslaw 
- Honey & Soy Shredded Vegetables with Noodles 
- Traditional Margherita Pizza 
- Sweetcorn & Steamed Green Beans 
- Fruity Flapjack 

FRIDAY

- Spicy Mixed Vegetable & Chickpea Rice 
- Tomato & Basil Pastry Puff with Chunky Chips 
- Golden Crumbed Fish Fingers with Chunky Chips  
- Garden Peas & Baked Beans 
- Pear & Winter Berry Crumble with Organic Vanilla Custard 







WEEK COMMENCING: 15 NOV / 6 DEC / 17 JAN / 7 FEB / 28 FEB / 21 MARCH

WEEK 3










MONDAY

- Moroccan Chickpea & Vegetable Tagine with Couscous 
- Quorn Sausage & Bean Casserole with Jacket Wedges 
- Mild Chicken Curry with Steamed Rice  
- Carrots & Steamed Green Beans 
- Toffee Flavoured Frozen Yoghurt 

TUESDAY

- Tarka Dhal with Naan Bread 
- Mexican Cheese & Bean Fajita 
- Rich Lamb Bolognese with Penne Pasta  
- Garden Peas & Roasted Mediterranean Vegetables 
- Eve's Pudding & Organic Vanilla Custard 










WEDNESDAY

- Jacket Potato & Cheese , Baked Beans , Tuna Mayo  or Coleslaw 
- Tuscan Three Bean Casserole with Steamed Rice 
- Roast Chicken Breast with Yorkshire Pudding, Roast Potatoes & Gravy  
- Carrots & Wilted Green Cabbage 
- Swiss Apple Strudel & Organic Vanilla Custard 

THURSDAY

- Sauteed Mixed Vegetable & Chickpea Jambalaya 
- Quorn Veggie Bolognese with Penne Pasta 
- Traditional Margherita Pizza 
- Sweetcorn & Broccoli Florets 
- Velvety Chocolate Sponge Cake 

FRIDAY

- Jacket Potato & Cheese , Baked Beans , Tuna Mayo  or Coleslaw 
- Cheese & Tomato Pinwheel with Chunky Chips 
- Golden Crumbed Fish Fingers with Chunky Chips  
- Garden Peas & Baked Beans 
- Traditional Shortbread Biscuit 

KEY



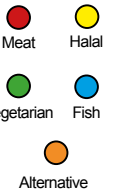
Vegetarian



Plant Based Vegan Friendly



Sustainably Caught Fish



DID YOU KNOW?



All our Milk & Bread is Organic



All our Meat is UK Farm Assured



# YOUR SCHOOL LUNCHES ARE:

## DELICIOUSLY HEALTHY CHOICES

### This Term Features...

#### 20 NEW SALADS!

Did you know pupils get to choose from a selection of five salads every day? We've just made the salad bar even tastier with these additional options!

#### WASTE-LESS RECIPES

Ensuring our menus are as sustainable as possible is important to us, which is why we're introducing recipes that minimise food waste and use up 'left over' ingredients. Here's an example! Why not give it a go?



Charlotte Quick, Company Nutritionist, explains a little about how we build our menus

WE HAVE INCREASED THE NUMBER OF PLANT BASED DISHES ON OUR MENUS BY 20%



WE DON'T ADD ANY SALT TO OUR RECIPES...

We use herbs, lemon juice and other natural ingredients to add flavour.



THERE ARE NOW EVEN MORE VEGGIES ON OUR MENUS

We've committed to upping our veg count even more and are proud Peas Please pledgers. Find out more here!



## INTRODUCING YOUR NEW MENU

Welcome to your new menu, which has been created so your child can enjoy a delicious, balanced school lunch every day. On this page you'll find some of our dedicated experts talking about how we design, cook and serve our meals. All our menus aim to offer great value, meet school food standards and are at the heart of the exciting food experiences we strive to create for our young diners.

Thank you and please get in touch if you have any questions or suggestions!



Click here for meal ordering and payment information

## MADE FROM GREAT INGREDIENTS, BY AWESOME PEOPLE



The menus are accredited by the Soil Association - meaning all our meals are balanced and made from ingredients which are sustainably sourced and better for animal welfare.



Our ingredients are sourced from local and UK suppliers wherever possible - a fact we love to show off through our partnership with Love British Food

OVER 80% OF OUR DISHES ARE FRESHLY PREPARED EACH DAY

ALL OF THE EGGS WE USE ARE FREE RANGE & RSPCA ASSURED

Check out this tasty sweet potato, lentil and chickpea curry recipe!

Our experienced cooks are passionate about feeding hungry minds and supporting pupil wellbeing through engaging dining experiences.

Click on the video to hear from Jane and Duncan, two of our awesome chefs, as they prepare one of our delicious recipes!



## Terrific Value

...AND ABSOLUTELY FREE FOR MANY, INCLUDING EVERY CHILD IN KS1!



#### CHOOSING FREE SCHOOL MEALS

If your child is in key stage 1 or your family is entitled to certain benefits - it could save you around £400 every year.



#### FOR KS2 CHILDREN, OUR MEALS OFFER GREAT VALUE

Few places offer homemade two course meals made from great ingredients at such a good price.



Sophie Crosswaite, Nutritionist, shares her thoughts on the value of school lunches



CLICK HERE TO FIND OUT HOW MUCH YOU CAN SAVE

### CONTACT US:



Payments and Meal Ordering



Nutrition Guidance



General Enquiries

### FOLLOW US:



@ISS\_Education



Feeding Hungry Minds

CLICK HERE TO VISIT OUR WEBSITE