











WEEK COMMENCING: 18 APR / 9 MAY / 20 JUNE / 11 JULY / 12 SEPT / 3 OCT










MONDAY

- Oven Baked Quorn Sausage with Mashed Potato & Gravy 
- Chicken & Sweetcorn Meatballs in Tomato Sauce with Penne Pasta  
- Jacket Potato & Cheese , Baked Beans , Tuna Mayo  or Coleslaw 
- Sweetcorn & Broccoli Florets 
- Strawberry Flavoured Frozen Yoghurt 




TUESDAY

- Classic Macaroni with Garlic Bread 
- Lamb Kheema Matar with Steamed Rice  
- Jacket Potato & Cheese , Baked Beans , Tuna Mayo  or Coleslaw 
- Garden Peas & Cauliflower Florets 
- Oaty Apple Crumble with Organic Vanilla Custard 








WEDNESDAY

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

THURSDAY

- Pasta Al Pomodoro Penne Pasta in a Rich Tomato Sauce 
- Traditional Margherita Pizza 
- Jacket Potato & Cheese , Baked Beans , Tuna Mayo  or Coleslaw 
- Vegetable Medley & Sweetcorn 
- Zesty Orange Drizzle Cake with Organic Vanilla Custard 










FRIDAY

- Cheese & Broccoli Quiche with Chunky Chips 
- Golden Crumbed Fish Fingers with Chunky Chips 
- Jacket Potato & Cheese , Baked Beans , Tuna Mayo  or Coleslaw 
- Garden Peas & Baked Beans 
- Crispy Chocolate Squares 

WEEK 1

WEEK COMMENCING: 25 APR / 16 MAY / 6 JUNE / 27 JUNE / 18 JULY / 29 AUG / 19 SEPT / 10 OCT

MONDAY

- Grilled Quorn Burger in a Bun with Tomato Ketchup 
- Lamb Meatballs in a Herby Italian Tomato Sauce with Penne Pasta  
- Jacket Potato & Cheese , Baked Beans , Tuna Mayo  or Coleslaw 
- Carrots & Vegetable Medley 
- Creamy Vanilla Ice Cream 









TUESDAY

- Sweet Potato & Pepper Frittata with Jacket Wedges 
- Chicken & Mixed Vegetable Biryani  
- Jacket Potato & Cheese , Baked Beans , Tuna Mayo  or Coleslaw 
- Sweetcorn & Broccoli Florets 
- Apple & Banana Sponge Cake with Organic Vanilla Custard 









WEDNESDAY

- Vegetable & Sweet Potato Bake with Gravy 
- Roast Chicken Breast with Yorkshire Pudding, Roast Potatoes & Gravy  
- Jacket Potato & Cheese , Baked Beans , Tuna Mayo  or Coleslaw 
- Garden Peas & Roasted Root Vegetables 
- Rice Pudding 

THURSDAY

- Tuscan Three Bean Casserole with Steamed Rice 
- Traditional Margherita Pizza 
- Jacket Potato & Cheese , Baked Beans , Tuna Mayo  or Coleslaw 
- Sweetcorn & Steamed Green Beans 
- Velvety Chocolate Muffin with Organic Vanilla Custard 










FRIDAY

- Tomato & Basil Pastry Puff with Chunky Chips 
- Golden Crumbed Fish Fingers with Chunky Chips 
- Jacket Potato & Cheese , Baked Beans , Tuna Mayo  or Coleslaw 
- Garden Peas & Baked Beans 
- Pear & Mixed Berry Crumble with Organic Vanilla Custard 










WEEK 2

WEEK COMMENCING: 2 MAY / 23 MAY / 13 JUNE / 4 JULY / 5 SEPT / 26 SEPT / 17 OCT










MONDAY

- Quorn Sausage & Bean Casserole with Garlic & Paprika Jacket Wedges 
- Mild Chicken Curry with Steamed Rice  
- Jacket Potato & Cheese , Baked Beans , Tuna Mayo  or Coleslaw 
- Carrots & Steamed Green Beans 
- Toffee Flavoured Frozen Yoghurt 








TUESDAY

- Mexican Cheese & Bean Fajita 
- Rich Lamb Bolognese with Penne Pasta  
- Jacket Potato & Cheese , Baked Beans , Tuna Mayo  or Coleslaw 
- Garden Peas & Roasted Mediterranean Vegetables 
- Eve's Pudding & Organic Vanilla Custard 




WEDNESDAY

- Honey & Ginger Veggie Strips with Shredded Vegetables & Noodles 
- Roast Chicken Breast with Yorkshire Pudding, Roast Potatoes & Gravy  
- Jacket Potato & Cheese , Baked Beans , Tuna Mayo  or Coleslaw 
- Carrots & Wilted Green Cabbage 
- Fruity Flapjack 

THURSDAY

- Quorn Veggie Bolognese with Penne Pasta 
- Traditional Margherita Pizza 
- Jacket Potato & Cheese , Baked Beans , Tuna Mayo  or Coleslaw 
- Sweetcorn & Broccoli Florets 
- Pear & Chocolate Sponge with Organic Vanilla Custard 

FRIDAY

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

WEEK 3

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

COMING SOON



Look out for our new app, designed to make ordering and paying for meals even easier!

Click here for meal ordering and payment information

BETTER FOR YOU, BETTER FOR THE PLANET

Welcome to our healthiest menu yet!

We've been working hard to improve our recipes so that they're still delicious but also better for you and the planet! One way we've done this is by adding more plant based proteins such as red lentils and cannellini beans and that's meant...



WE'VE REDUCED SATURATED FAT BY **8%** PER PORTION

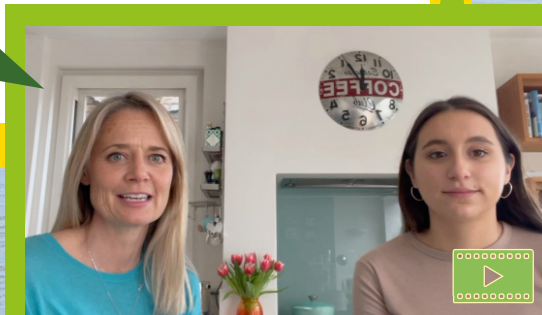


WE'VE ADDED LENTILS & BEANS WHICH CONTRIBUTE TOWARDS PUPILS' **5-A-DAY**



WE'VE INCREASED FIBRE BY ABOUT **60%** PER PORTION

Our nutritionists talk about the benefits of the new recipes!



We've reduced our CO₂ emissions by an average of **420g per meal** with these new recipes!

That's the equivalent of driving a medium sized petrol car for almost a mile.

WHY NOT TRY ONE OF OUR RECIPES AT HOME?

Spaghetti Bolognese is a family favourite, our take on this classic will prove just as popular but is better for you & the planet!



CONTACT US:

✉ Payments and Meal Ordering

✉ Nutrition Guidance

FOLLOW US:

🐦 @ISS_Education

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.



OVER 80% OF OUR DISHES ARE FRESHLY PREPARED EACH DAY

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



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.

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



Feeding Hungry Minds

CLICK HERE TO VISIT OUR WEBSITE