













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







MONDAY

- Quorn Sausage with Herby Italian Tomato Sauce & Rice 
- Beef Meatballs with Herby Italian Tomato Sauce & Rice 
- Jacket Potato with Baked Beans  or Tuna Mayo 
- Sweetcorn & Broccoli Florets 
- Fresh Fruit Salad 







TUESDAY

- Mixed Vegetable & Chickpea Jambalaya 
- Chinese Chicken with Rice 
- Jacket Potato with Baked Beans  or Tuna Mayo 
- Garden Peas & Cauliflower Florets 
- Oaty Apple Crumble with Vanilla Soya Custard 







WEDNESDAY

- Roasted Vegetable & Lentil Loaf with Roast Potatoes & Gravy 
- Roast Turkey Breast with Roast Potatoes & Gravy 
- Jacket Potato with Baked Beans  or Tuna Mayo 
- Carrots & Steamed Green Beans 
- Strawberry Jelly 

THURSDAY

- Honey & Ginger Veggie Strips Stir Fried with Rice 
- Oven Baked Chicken & Tomato Pasta 
- Jacket Potato with Baked Beans  or Tuna Mayo 
- Vegetable Medley & Sweetcorn 
- Zesty Orange Drizzle Cake 

FRIDAY

- Falafel & Mixed Salad in Pitta with Chips 
- Golden Crumbed Fish Fingers with Chunky Chips 
- Jacket Potato with Baked Beans  or Tuna Mayo 
- 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

- Vegetarian Pasta Bolognese with Homemade Garlic Bread 
- Traditional Spaghetti Bolognese with Homemade Garlic Bread 
- Jacket Potato with Baked Beans  or Tuna Mayo 
- Carrots & Vegetable Medley 
- Creamy Vanilla Ice Cream 







TUESDAY

- Ratatouille & Mixed Bean Tortilla Wrap with Jacket Wedges 
- BBQ Marinated Chicken with Jacket Wedges 
- Jacket Potato with Baked Beans  or Tuna Mayo 
- Sweetcorn & Broccoli Florets 
- Apple & Banana Sponge Cake 







WEDNESDAY

- Roasted Veggie Strips with Roast Potatoes & Gravy 
- Roast Chicken Breast with Roast Potatoes & Gravy 
- Jacket Potato with Baked Beans  or Tuna Mayo 
- Garden Peas & Roasted Root Vegetables 
- Orange Jelly 

THURSDAY

- Honey & Soy Shredded Vegetables with Noodles 
- Grilled Beef Burger in a Bun with Jacket Wedges 
- Jacket Potato with Baked Beans  or Tuna Mayo 
- Sweetcorn & Steamed Green Beans 
- Velvety Chocolate Muffin 







FRIDAY

- Sweet Potato Frittata with Chips 
- Golden Crumbed Fish Fingers with Chunky Chips 
- Jacket Potato with Baked Beans  or Tuna Mayo 
- Garden Peas & Baked Beans 
- Pear & Winter Berry Crumble with Vanilla Soya Custard 

WEEK 2

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







MONDAY

- Vegetable & Bean Hotpot 
- Stir Fried Chicken Chow Mein with Noodles 
- Jacket Potato with Baked Beans  or Tuna Mayo 
- Carrots & Steamed Green Beans 
- Fresh Fruit Salad 







TUESDAY

- Mixed Vegetable Chilli with Steamed Rice 
- Grilled Beef Burger in a Bun with Jacket Wedges 
- Jacket Potato with Baked Beans  or Tuna Mayo 
- Garden Peas & Roasted Mediterranean Vegetables 
- Eve's Pudding & Vanilla Soya Custard 







WEDNESDAY

- Root Vegetable & Sweet Potato Bake with Gravy 
- Roast Chicken Breast with Roast Potatoes & Gravy 
- Jacket Potato with Baked Beans  or Tuna Mayo 
- Carrots & Wilted Green Cabbage 
- Fruity Flapjack 

THURSDAY

- Roast Mediterranean Vegetable Couscous 
- Beef Pasta Bolognese with Homemade Garlic Bread 
- Jacket Potato with Baked Beans  or Tuna Mayo 
- Sweetcorn & Broccoli Florets 
- Velvety Chocolate Sponge Cake 

FRIDAY

- Vegetable Fingers with Chunky Chips 
- Golden Crumbed Fish Fingers with Chunky Chips 
- Jacket Potato with Baked Beans  or Tuna Mayo 
- Garden Peas & Baked Beans 
- Traditional Shortbread Biscuit 

WEEK 3

KEY



Vegetarian



Plant Based
Vegan Friendly



Sustainably
Caught Fish



Meat



Vegetarian



Fish



Alternative

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!



Feeding Hungry Minds

CLICK HERE TO VISIT OUR WEBSITE

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