

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

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Jacket Potato & Cheese Baked Beans Tuna Mayo or Coleslaw

Oven Baked Quorn Sausage with Mashed Potato & Gravy

Chicken & Sweetcorn Meatballs in Tomato Sauce with Penne Pasta

Cheese & Tuna Melt

Sweetcorn & Broccoli Florets

Strawberry Flavoured Frozen Yoghurt

Jacket Potato & Cheese Baked Beans Tuna Mayo or Coleslaw

Classic Macaroni with Garlic Bread

Lamb Kheema Matar with Steamed Rice

Tuna Mayonnaise Sandwich

Garden Peas & Cauliflower Florets

Oaty Apple Crumble with Organic Vanilla Custard

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

Mild Cheddar Cheese filled Tortilla Wrap

Carrots & Steamed Green Beans

Peach Upside Down Sponge

Jacket Potato & Cheese Baked Beans Tuna Mayo or Coleslaw

Pasta Al Pomodoro Penne Pasta in a Rich Tomato Sauce

Traditional Margherita Pizza

Free Range Egg Mayonnaise filled Soft Sub Roll

Vegetable Medley & Sweetcorn

Zesty Orange Drizzle Cake

Jacket Potato & Cheese Baked Beans Tuna Mayo or Coleslaw

Cheese & Broccoli Quiche with Chunky Chips

Golden Crumbed Fish Fingers with Chunky Chips

Golden Crumbed Fish Fingers in a Soft Bap

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

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Jacket Potato & Cheese Baked Beans Tuna Mayo or Coleslaw

Grilled Quorn Burger in a Bun with Tomato Ketchup

Lamb Meatballs in a Herby Italian Tomato Sauce with Penne Pasta

Tuna Mayonnaise & Sweetcorn filled Tortilla Wrap

Carrots & Vegetable Medley

Creamy Vanilla Ice Cream

Jacket Potato & Cheese Baked Beans Tuna Mayo or Coleslaw

Sweet Potato & Pepper Frittata with Jacket Wedges

Chicken & Mixed Vegetable Biryani

Grated Mild Cheddar Cheese Sandwich

Sweetcorn & Broccoli Florets

Apple & Banana Sponge Cake

Jacket Potato & Cheese Baked Beans Tuna Mayo or Coleslaw

Vegetable & Sweet Potato Bake with Gravy

Roast Chicken Breast with Yorkshire Pudding, Roast Potatoes & Gravy

Free Range Egg Mayonnaise filled Organic Baguette

Garden Peas & Roasted Root Vegetables

Strawberry Jelly

Jacket Potato & Cheese Baked Beans Tuna Mayo or Coleslaw

Tuscan Three Bean Casserole with Steamed Rice

Traditional Margherita Pizza

Mild Cheddar Cheese filled Soft Roll

Sweetcorn & Steamed Green Beans

Velvety Chocolate Muffin

Jacket Potato & Cheese Baked Beans Tuna Mayo or Coleslaw

Tomato & Basil Pastry Puff with Chunky Chips

Golden Crumbed Fish Fingers with Chunky Chips

Tuna Mayonnaise Sandwich

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

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Jacket Potato & Cheese Baked Beans Tuna Mayo or Coleslaw

Quorn Sausage & Bean Casserole with Garlic & Paprika Jacket Wedges

Mild Chicken Curry with Steamed Rice

Grilled Cheddar Cheese & Tomato Panini

Carrots & Steamed Green Beans

Toffee Flavoured Frozen Yoghurt

Jacket Potato & Cheese Baked Beans Tuna Mayo or Coleslaw

Mexican Cheese & Bean Fajita

Rich Lamb Bolognese with Penne Pasta

Tuna Mayonnaise Wholemeal filled Tortilla Wrap

Garden Peas & Roasted Mediterranean Vegetables

Eve's Pudding & Organic Vanilla Custard

Jacket Potato & Cheese Baked Beans Tuna Mayo or Coleslaw

Honey & Ginger Veggie Strips with Shredded Vegetables & Noodles

Roast Chicken Breast with Yorkshire Pudding, Roast Potatoes & Gravy

Cheddar Cheese filled Soft Sub Roll

Carrots & Wilted Green Cabbage

Fruity Flapjack

Jacket Potato & Cheese Baked Beans Tuna Mayo or Coleslaw

Quorn Veggie Bolognese with Penne Pasta

Traditional Margherita Pizza

Free Range Egg Mayonnaise Sandwich

Sweetcorn & Broccoli Florets

Pear & Chocolate Sponge

Jacket Potato & Cheese Baked Beans Tuna Mayo or Coleslaw

Cheese & Tomato Pinwheel with Chunky Chips

Golden Crumbed Fish Fingers with Chunky Chips

Golden Crumbed Fish Fingers in a Soft Bap

Garden Peas & Baked Beans

Traditional Shortbread Biscuit

WEEK 3

KEY



Vegetarian



Plant Based Vegan Friendly



Sustainably Caught Fish



Meat



Halal



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!



We've reduced our CO<sub>2</sub> 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