

WEEK COMMENCING: 2<sup>nd</sup> Nov / 23<sup>rd</sup> Nov / 14<sup>th</sup> Dec / 4<sup>th</sup> Jan / 25<sup>th</sup> Jan / 15<sup>th</sup> Feb / 8<sup>th</sup> March / 29<sup>th</sup> March

WEEK 1

MONDAY

- Chicken Sausages with Mashed Potato & Gravy
- Quorn Sausage with Mashed Potato & Gravy
- Jacket Potato & Cheese, Baked Beans, Tuna Mayo or Coleslaw
- Sweetcorn & Broccoli
- Vanilla Ice Cream

TUESDAY

- Lamb Keema Curry & Rice
- Macaroni Cheese
- Jacket Potato & Cheese, Baked Beans, Tuna Mayo or Coleslaw
- Peas & Cauliflower
- Apple Crumble with Custard

WEDNESDAY

- Roast Chicken & Roast Potatoes with Gravy
- Roasted Soya Strips & Roast Potatoes with Gravy
- Jacket Potato & Cheese, Baked Beans, Tuna Mayo or Coleslaw
- Carrots & Green Beans
- Peach Upside Down Sponge

THURSDAY

MEAT FREE THURSDAY

- Margherita Pizza
- Vegetable Bean Chilli & Rice
- Jacket Potato & Cheese, Baked Beans, Tuna Mayo or Coleslaw
- Sweetcorn & Roasted Mediterranean Vegetables
- Strawberry Jelly

FRIDAY

- Fish Fingers & Chips
- Cheese & Broccoli Quiche with Chips
- Jacket Potato & Cheese, Baked Beans, Tuna Mayo or Coleslaw
- Peas & Baked Beans
- Shortbread Biscuit

WEEK COMMENCING: 9<sup>th</sup> Nov / 30<sup>th</sup> Nov / 21<sup>st</sup> Dec / 11<sup>th</sup> Jan / 1<sup>st</sup> Feb / 22<sup>nd</sup> Feb / 15<sup>th</sup> March

WEEK 2

MONDAY

- Lamb Pasta Bolognese
- Tarka Dhal & Rice
- Jacket Potato & Cheese, Baked Beans, Tuna Mayo or Coleslaw
- Carrots & Vegetable Medley
- Eve's Pudding with Custard

TUESDAY

- Chicken & Vegetable Stir Fry with Noodles
- Quorn Burger in a Bun
- Jacket Potato & Cheese, Baked Beans, Tuna Mayo or Coleslaw
- Sweetcorn & Cauliflower
- Orange Drizzle Cake

WEDNESDAY

- Roast Turkey & Roast Potatoes with Gravy
- Vegetable & Sweet Potato Bake with Gravy
- Jacket Potato & Cheese, Baked Beans, Tuna Mayo or Coleslaw
- Peas & Roasted Root Vegetables
- Fruity Flapjack

THURSDAY

MEAT FREE THURSDAY

- Margherita Pizza
- Vegetable Chow Mein
- Jacket Potato & Cheese, Baked Beans, Tuna Mayo or Coleslaw
- Sweetcorn & Green Cabbage
- Frozen Strawberry Yoghurt

FRIDAY

- Fish Fingers & Chips
- Tomato & Basil Puff with Chips
- Jacket Potato & Cheese, Baked Beans, Tuna Mayo or Coleslaw
- Peas & Baked Beans
- Pear & Chocolate Sponge

WEEK COMMENCING: 16<sup>th</sup> Nov / 7<sup>th</sup> Dec / 28<sup>th</sup> Dec / 18<sup>th</sup> Jan / 8<sup>th</sup> Feb / 1<sup>st</sup> March / 22<sup>nd</sup> March

WEEK 3

MONDAY

- Chicken Curry & Rice
- Quorn & Vegetable Stir Fry with Noodles
- Jacket Potato & Cheese, Baked Beans, Tuna Mayo or Coleslaw
- Carrots & Green Beans
- Apple & Banana Cake

TUESDAY

- Lamb Meatballs in Tomato Sauce with Penne Pasta
- Chickpea & Mixed Vegetable Baiti with Rice
- Jacket Potato & Cheese, Baked Beans, Tuna Mayo or Coleslaw
- Broccoli & Roasted Mediterranean Vegetables
- Frozen Toffee Yoghurt

WEDNESDAY

- Roast Chicken & Roast Potatoes with Gravy
- Mixed Vegetable & Butterbean Ragù with Roast Potatoes
- Jacket Potato & Cheese, Baked Beans, Tuna Mayo or Coleslaw
- Carrots & Green Cabbage
- Lemon & Courgette Muffin

THURSDAY

MEAT FREE THURSDAY

- Margherita Pizza
- Vegetable & Lentil Bolognese with Penne Pasta
- Jacket Potato & Cheese, Baked Beans, Tuna Mayo or Coleslaw
- Sweetcorn & Cauliflower
- Orange Jelly & Mandarins

FRIDAY

- Fish Fingers & Chips
- Cheese & Tomato Whirl with Chips
- Jacket Potato & Cheese, Baked Beans, Tuna Mayo or Coleslaw
- Peas & Baked Beans
- Chocolate & Beetroot Brownie

KEY



Vegetarian



Plant Based Vegan Friendly



MSC Fish

Meat

Halal

Vegetarian

Fish

Alternative

DID YOU KNOW?



All our Milk & Bread is Organic



All our Meat is UK Farm Assured

# HOT MEALS ARE BACK!

## INTRODUCING YOUR NEW MENU

## THANK YOU

This academic year has been like no other, which is why school lunches might have been a bit different recently. We'd like to say a big thank you for your support whilst we've been establishing the best approach for your school.

Where we've temporarily introduced packed lunches, we've been working hard behind the scenes to safely reintroduce hot meals.

We're now pleased to share the new menu with you, along with some of the great benefits school lunches can offer children and families!

## WELL FOR WINTER

Eating well helps to build and maintain healthy immune systems, which is why we think it's so important children can enjoy healthy, warming lunches at school, wherever possible.

We know it's a difficult time for most right now so want to highlight five ways school meals have the power to support you and your child this winter.



Feeding Hungry Minds

CLICK HERE TO VISIT OUR WEBSITE

RODING PRIMARY

# YOUR SCHOOL LUNCHES ARE:

Click here for Meal Ordering and Payment information

## 1 SUPER SAFE



From implementing Covid-19 safety measures, to carefully catering for a range of special dietary needs, the safety of our people and diners is always our top priority. Our health and safety experts make sure our catering teams have everything they need to run a safe service each day and support them with risk assessments and regular service reviews.



Check out our 'back to school' guide for parents and carers to hear from our management and nutrition specialists.

## 2 MADE FROM GREAT INGREDIENTS, BY AWESOME PEOPLE



Over 85% of our dishes are freshly prepared each day



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.

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



## 3 EVEN HEALTHIER – AND STILL DELICIOUS!

ON AVERAGE, WE'VE REDUCED THE SUGAR IN OUR MENUS BY 30%



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 and are proud Peas Please pledgers. Find out more here!



WE'VE INTRODUCED MORE PLANT-BASED OPTIONS

So children have more choice when it comes to enjoying meat-free meals which can provide more fibre & less saturated fat!



## 4 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 – 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.



CLICK HERE TO FIND OUT HOW MUCH YOU CAN SAVE

## 5 TOP TIME SAVERS



Leave the challenge of creating exciting lunches every day to us – save time on shopping and chopping!

## CONTACT US:

Payments and Meal Ordering

Nutrition Guidance

General Enquiries

## FOLLOW US:

@ISS\_Education

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