

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

MONDAY

- Vegetable & Lentil Bolognese with Penne Pasta
- 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

TUESDAY

- Roasted Vegetable, Chickpea & Herb Couscous
- 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

WEDNESDAY

- Jacket Potato & Cheese 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

THURSDAY

- Mixed Vegetable Biryani
- 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

FRIDAY

- Chickpea & Sweet Potato Shakshuka with Rice
- 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

- Jacket Potato & Cheese 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

TUESDAY

- Rajma Masala with Steamed Rice
- Sweet Potato & Pepper Frittata with Jacket Wedges
- Chicken & Mixed Vegetable Biryani
- Grated Mild Cheddar Cheese Sandwich
- Sweetcorn & Broccoli Florets
- Apple & Banana Sponge Cake

WEDNESDAY

- Mexican Bean & Vegetable Chilli with Rice
- 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

THURSDAY

- Jacket Potato & Cheese 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

FRIDAY

- Spicy Mixed Vegetable & Chickpea Rice
- 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

- Moroccan Chickpea & Vegetable Tagine with Lemon Couscous
- 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

TUESDAY

- Tarka Dhal with Garlic & Coriander Naan Bread
- 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

WEDNESDAY

- Jacket Potato & Cheese 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

THURSDAY

- Sauteed Mixed Vegetable & Chickpea Jambalaya
- Quorn Veggie Bolognese with Penne Pasta
- Traditional Margherita Pizza
- Free Range Egg Mayonnaise Sandwich
- Sweetcorn & Broccoli Florets
- Pear & Chocolate Sponge

FRIDAY

- Jacket Potato & Cheese 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