













WEEK COMMENCING: 18TH APRIL, 9TH MAY, 20TH JUNE, 11TH JULY,

WEEK 1







MONDAY

- Vegetable & Chickpea Jambalaya 
- Jerk Chicken with Rice & Peas
- Jacket Potato & Cheese 
Baked Beans  or Tuna 
- Carrots & Green Beans 
- Peaches & Fruit Melba Sauce with Ice Cream 








TUESDAY

- Quorn Chilli Con Carne with Rice 
- Chilli Beef Macaroni topped with Nachos Crumb
- Jacket Potato & Cheese 
Baked Beans  or Tuna 
- Roasted Mediterranean Vegetables 
- Fruity Flapjack 







WEDNESDAY

- Roasted Vegetable & Lentil Loaf with Gravy & Roast potatoes 
- Garlic & Lemon Chicken Thigh with Gravy & Roast Potatoes
- Jacket Potato & Cheese 
Baked Beans  or Tuna 
- Medley of Vegetables 
- Carrot Cake with Frosting 

THURSDAY

- Chickpea & Butternut Rogan Josh served with Rice 
- Margherita Pizza 
with Potato Wedges
- Jacket Potato & Cheese 
Baked Beans  or Tuna 
- Cauliflower & Broccoli 
- Yoghurt Bar with Fresh Fruit Salad or Cheese & Biscuits 







FRIDAY

- Cheese & Onion Quiche with Chips 
- Fish Fingers with Chips 
- Jacket Potato & Baked Beans,  Vegetable & Lentil Bolognese or Cheese 
- Peas & Baked Beans 
- Stawberry Jelly & Ice Cream 







WEEK 2

WEEK COMMENCING: 25TH APRIL, 16TH MAY, 6TH, 27TH JUNE, 18TH JULY







MONDAY

- Thai Quorn Green Vegetable Curry  with Rice
- Thai Chicken Curry with Rice
- Jacket potato with Baked beans, 
Tuna  or Cheese 
- Peas & Curried Roasted Cauliflower 
- Frozen Strawberry yoghurt 







TUESDAY

- Roasted Vegetable Lasagne 
- Organic Beef Lasagne
- Jacket potato with Baked beans, 
Tuna  or Cheese 
- Melody of Vegetables 
- Golden Rice Crispy Cake 







WEDNESDAY

- Macaroni Cheese 
- Roast Turkey with Gravy and roast potatoes
- Jacket potato with Baked beans, 
Salmon  or Cheese 
- Carrots & Green Beans 
- Lemon Drizzle Cake 

THURSDAY

- Sweetcorn & Chickpea Burger  with Potato Wedges
- Cottage Pie
- Jacket Potato & Cheese 
Baked Beans  or Tuna 
- Cabbage & Cauliflower 
- Natural Yoghurt with Fresh Fruit Salad or Cheese & Biscuits 






FRIDAY

- Cheese & Leek Pasty 
- Battered Pollock & chips 
- Jacket Potato & Baked Beans,  Vegetable & Lentil Bolognese or Cheese 
- Peas & Baked Beans 
- Orange Jelly & Mandarins 






WEEK 3

WEEK COMMENCING: 2ND, 23RD MAY, 13TH JUNE, 4TH JULY






MONDAY

- Quorn Penne Bolognese 
- Organic Beef Bolognese With Penne Pasta
- Jacket potato with Baked Beans, Tuna or  Cheese 
- Carrots & Vegetable medley 
- Frozen Toffee Yoghurt 






TUESDAY

- Quorn Sausage with Mashed Potato & Gravy 
- Chicken Sausage with Mashed Potato & Gravy
- Jacket potato with Baked Beans, Tuna  or Cheese 
- Green beans & Roasted Cauliflower 
- Lemon Shortbread 







WEDNESDAY

- Cheese & Tomato Pasta Bake 
- Jerk Chicken Thigh with Gravy & Roast Potatoes
- Jacket potato with Baked Beans, Tuna  or Cheese 
- Medley of Vegetables 
- Oaty Apple Crumble with Custard 

THURSDAY

- Mexican Rice Wrap 
- Calzone & Potato Wedges
- Jacket potato with Baked Beans, Tuna  or Cheese 
- Green Cabbage & Carrots 
- Yoghurt Bar 
or Cheese & Biscuits

FRIDAY

- Spinach & Lentil Dahl  with rice
- Breaded Pollock with chips 
- Jacket Potato & Baked Beans,  Vegetable & Lentil Bolognese or Cheese 
- Peas & Baked Beans 
- Stawberry Jelly & Ice Cream 

KEY



Vegetarian



Plant Based Vegan Friendly



Halal Option Available



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



CLICK HERE TO VISIT OUR WEBSITE