WEEK COMMENCING: 2nd Nov / 23rd Nov / 14th Dec / 4th Jan / 25th Jan / 15th Feb / 8th March / 29th March MONDAY TUESDAY WEDNESDAY THURSDAY MEAT FREE THURSDAY FRIDAY

WFFK 1

Chicken Sausages with Mashed Potato & Grav

Quorn Sausage

Vegetable & Lentil Bolognese with Penne Pasta

Tuna Mayonnaise Wrap

Sweetcorn & Broccoli

Vanilla Ice Cream

Beef Keema Curry & R

Macaroni Cnee

v:

Chickpea & Vegetable Tagine with Cous Cous

Peas &

Apple Crumble with Custard

Roast Chicken & Roast Potato with Gravy

Roasted Soya Strips & Roast Potatoes with Gravy

Beans, Tuna Mayo or Coleslaw

Tuna Mayonnaise Baguett

Pineapple Upside Down Sponge

Margherita Pizz

Cheese & Tom Penne Pasta

Vegetable Biryani

Sweetcorn & Roasted Mediterranean Vegetables

Strawberry Jelly

THURSDAY

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MEAT FREE THURSDAY

Fish Fingers & Chips

Butternut Squash, Chickpea Vegetable Curry with Rice

FISH FINGER BAP

01 11 15

Shortbread Biscuit

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

8

Roof Pasta Rolognosa

MONDAY

Cheese & Bean Faj

Tarka Dhal & Rice

Carrots &
Vegetable Medley

Eve's Pudding with Custard

TUESDAY

Chicken & Vegetable Stir Fry with Noodles

Quorn Burger in a Bu

Jacket Potato & Cheese, Baked Beans, Tuna Mayo or Coleslaw

Tune Movemenics Senduich

Sweetcorn & Cauliflower

Orange Drizzle Cake

WEDNESDAY

Roast Turkey & Roast Potatoo with Gravy

Vegetable & Sweet Potato Bak with Gravy

Vegetable Bean Chilli & Rice

Cheese Wrap

Peas & Roasted Root Vegetables

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Vegetable Chow Mei

Jacket Potato & Cheese, Bake Beans, Tuna Mayo or Colesia

Egg Mayonnaise Sub Roll

Green Cabbage

FRIDAY

Fish Fingers & Chips

Tomato & Basil Puff with Chips

Mixed Vegetable & Chickpea Spicy Rice

Peas &

Pear & Chocolate Sponge

FRIDAY

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

VEFK 3

Chicken Curry & Rice

Quorn & Vegetable Stir Fry with Noodles Roasted Vegetable Cous Cous

MONDAY

Cheese Baguette

Carrots &
Green Beans
Apple & Banana Cake

Beef Meatballs in Tomato Sauce with Penne Pasta

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v: ()

Cheese, Potato & Red Onion Frittata with Jacket Wedges Chickpea & Mixed Vegetable Balti with Rice

9

TUESDAY

Tuna Mayonnaise Wrap

Roasted Mediterranean Vegetables
Frozen Toffee Yoghurt

WEDNESDAY

Roast Chicken & Roast Potatoes with Gravy

Mixed Vegetable & Butterbean Ragu with Roast Potatoes

Jacket Potato & Cheese, Baked

Beans, Tuna Mayo or Coleslaw

Cheese Sub Roll

Green Cabbage

Lemon & Courgette Muffin

Carrots &

Margherita Pizza

Quorn Penne
Pasta Bolognese

Vegetable & Chickpea Jambalaya

THURSDAY

Egg Mayonnaise Baguette
Sweetcorn &

Cauliflower

Orange Jelly & Mandarins

v V

9

MEAT FREE THURSDAY

> Cheese & Tomato Whirl with Chips

> > Jollof Rice
> >
> > Tuna Mayonnaise Sandwich

Peas & Baked Beans

Chocolate & Beetroot Brownie



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DID YOU KNOW?





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!

WELLFOR 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.



MOSSFORD GREEN PRIMARY

YOUR SCHOOL LUNCHES ARE:





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.



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 meatfree meals which can provide more fibre & less saturated fat!





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.





...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.



great ingredients at such a good price.



CHICK HERE TO FIND **OUT HOW** MUCH YOU CAN SAVE

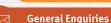
TOP TIME SAVERS



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

CONTACT US:

Nutrition Guidance



FOLLOW US:



@ISS Education



@ISSFoodServices



FOR KS2 CHILDREN. OUR **MEALS OFFER GREAT VALUE**

Few places offer homemade two course meals made from