

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

**WEEK 1**

**MONDAY**

Quornish Pasty

Vegetable & Chickpea Jambalaya

Jacket Potato with Baked Beans, Tuna or Cheese

Sweetcorn & Green Beans

Peaches & Fruit Melba Sauce & Ice Cream

**TUESDAY**

Cheese & Tomato Penne Pasta

Quorn Chilli Con Carne with Rice

Jacket Potato with Baked Beans, Tuna or Cheese

Roasted Mediterranean Vegetables

Fruity Flapjack

**WEDNESDAY**

Roasted Soya Strips with Roast Potatoes

Roasted Vegetable & Lentil Loaf with Gravy & Roast potatoes

Jacket Potato with Baked Beans, Tuna or Cheese

Medley of Vegetables

Carrot Cake with Frosting

**THURSDAY**

Margherita Pizza Potato Wedges

Chickpea & Butternut Rogan Josh with Rice

Jacket Potato with Baked Beans, Tuna or Cheese

Sweetcorn & Broccoli

Yoghurt Bar with Fresh Fruit Salad or Cheese & Biscuits

**FRIDAY**

Fish Fingers & Chips

Cheese & Onion Quiche & Chips

Jacket Potato & Baked Beans , Vegetable & Lentil Bolognese or Cheese

Peas & Baked Beans

Strawberry Jelly & Ice Cream

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

**WEEK 2**

**MONDAY**

Tomato & Herb Puff & Potato Wedges

Thai Quorn Green Vegetable Curry with Rice

Jacket Potato with Baked Beans, Tuna or Cheese

Peas & Curried Roasted Cauliflower

Frozen Strawberry yoghurt

**TUESDAY**

Quorn Sausage & Bean Caserole & Mashed Potato

Roasted Vegetable Lasagne

Jacket Potato with Baked Beans, Tuna or Cheese

Sweetcorn & Broccoli

Chocolate Cracknell

**WEDNESDAY**

Roasted Soya Strips & Roast Potatoes with Gravy

Macaroni Cheese

Jacket Potato with Baked Beans, Tuna or Cheese

Carrots & Green Beans

Lemon Drizzle Cake

**THURSDAY**

Margherita Pizza with Potato Wedges

Sweetcorn & Chickpea Burger with Potato Wedges

Jacket Potato with Baked Beans, Tuna or Cheese

Roasted Mediterranean Vegetables & Sweetcorn

Natural Yoghurt with Fresh Fruit Salad or Cheese & Biscuits

**FRIDAY**

Battered Pollock & Chips

Cheese & Leek Pasty

Jacket Potato & Baked Beans , Vegetable & Lentil Bolognese or Cheese

Peas & Baked Beans

Orange Jelly & Mandarins

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

**WEEK 3**

**MONDAY**

Jolloff Rice

Thai Quorn Green Vegetable Curry with Rice

Jacket Potato with Baked Beans, Tuna or Cheese

Carrots & Vegetable Medley

Frozen Toffee Yoghurt

**TUESDAY**

Quorn Sausage with Mashed Potato & Gravy

Roasted Vegetable Lasagne

Jacket Potato with Baked Beans, Tuna or Cheese

Green beans & Roasted Cauliflower

Chocolate Shortbread

**WEDNESDAY**

Cheese & Tomato Pasta Bake

Macaroni Cheese

Jacket Potato with Baked Beans, Tuna or Cheese

Medley of Vegetables

Oaty Apple Crumble with Custard

**THURSDAY**

Mexican Rice Wrap

Sweetcorn & Chickpea Burger with Potato Wedges

Jacket Potato with Baked Beans, Tuna or Cheese

Green Cabbage & Sweetcorn

Yoghurt Bar or Cheese & Biscuits

**FRIDAY**

Spinach & Lentil Dahl with rice

Cheese & Leek Pasty

Jacket Potato with Baked Beans, Vegetable & Lentil Bolognese or Cheese

Peas & Baked Beans

Strawberry 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 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



CLICK HERE TO VISIT OUR WEBSITE