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

Quornish Pasty V

MONDAY

Tuna or Cheese 🔻

Sweetcorn & Green Beans 👽

Cheese & Tomato Penne Pasta 🔻

Quorn Chilli Con Carne 👽

Tuna 🔤 or Cheese 🔻

Tuna or Cheese 🔻

Medley of Vegetables 🔮

Chickpea & Butternut Rogan Josh 🔮

Tuna or Cheese 🔻

Yoghurt Bar with Fresh Fruit Salad 🔮

FRIDAY

& Lentil Bolngnese or Cheese

Peas & Baked Beans 💿

Vegetarian

KEY







Sustainably **Caught Fish**

DID YOU KNOW?





All our Meat is UK Farm Assured

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

Tomato & Herb Puff 🔻 & Potato Wedges

Thai Quorn Green Vegetable Curry with Rice

Jacket Potato with Baked Beans, 🤡 Tuna or Cheese v

Peas & 🥺 **Curried Roasted Cauliflower**

Frozen Strawberry yoghurt v

MONDAY

Thai Quorn Green Vegetable Curry 🔻

with Rice

Quorn Sausage & Bean Caserole v & Mashed Potato

Roasted Vegetable Lasagne 🤡

lacket Potato with Baked Beans, 🤡 Tuna or Cheese v

Sweetcorn & Broccoli 🦠

Chocolate Cracknell V

Roasted Soya Strips V & Roast Potatoes with Gravy

Macaroni Cheese V

Jacket Potato with Baked Beans, 🤡 Tuna or Cheese v

Carrots & Green Beans 🦠

Lemon Drizzle Cake v

THURSDAY Margherita Pizza v with Potato Wedges

Sweetcorn & Chickpea Burger with Potato Wedges

Jacket Potato with Baked Beans, 👽 Tuna or Cheese v

Roasted Mediterranean Vegetables 💀 : & Sweetcorn

Natural Yoghurt with Fresh Fruit Salad or Cheese & Biscuits

FRIDAY Battered Pollock & Chips 🛋

Cheese & Leek Pasty v

Jacket Potato & Baked Beans 📎, Vegetable & Lentil Bolngnese 👽 or Cheese 🔻

Peas & Baked Beans 💀

Orange Jelly & Mandarins v

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

Jolloff Rice 📀

Quorn Sausage with @ Mashed Potato & Gravy

Roasted Vegetable Lasagne 🖤

Jacket Potato with Baked Beans, 🥸 Tuna 🔤 or Cheese 🔻

Green beans & Roasted Cauliflower 👀:

Cheese & Tomato Pasta Bake

Macaroni Cheese 🖤

Medley of Vegetables 🦠

Oaty Apple Crumble with Custard V

Mexican Rice Wrap 💎

THURSDAY

Sweetcorn & Chickpea Burger 👽

Tuna 🔤 or Cheese 🔻

with Potato Wedges

Jacket Potato with Baked Beans, 🥸

Green Cabbage & Sweetcorn 👀

FRIDAY Spinach & Lentil Dahl with rice

Cheese & Leek Pasty 💎

lacket Potato with Baked Beans. Vegetable & Lentil Bolognaise 🥯 or Cheese

Peas & Baked Beans 💖



lacket Potato with Baked Beans, 🤡 Tuna 🔤 or Cheese 🔻 Carrots & Vegetable Medley 💀

Frozen Toffee Yoghurt 🔻

Chocolate Shortbread 🔻

lacket Potato with Baked Beans. 99 Tuna 🔤 or Cheese 🔻

Yoghurt Bar or

Stawberry Jelly & Ice Cream 👽



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 PER PORTION



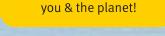
LENTILS & BEANS WHICH CONTRIBUTE **TOWARDS PUPILS'** 5-A-DAY



WE'VE INCREASED FIBRE BY ABOUT



Spaghetti Bolognese is a family favourite, our take on this classic will prove just as popular but is better for



WHY NOT TRY ONE OF

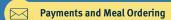
OUR RECIPES AT HOME?

Our nutritionists talk about the benefits of the new recipes!





CONTACT US:



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.



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

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

...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.



MEALS OFFER GREAT VALUE

Few places offer homemade two course meals made from great ingredients at such a good price.



thoughts on the value of school lunches

