





WEEK COMMENCING: 2<sup>nd</sup> Nov / 23<sup>rd</sup> Nov / 14<sup>th</sup> Dec / 4<sup>th</sup> Jan / 25<sup>th</sup> Jan / 15<sup>th</sup> Feb / 8<sup>th</sup> March / 29<sup>th</sup> March

WEEK 1

MONDAY

-  Chicken Sausage & Gravy with Mashed Potato
-  Vegetarian Sausage & Gravy with Mashed Potato
-  Jacket Potato & Baked Beans
-  Jacket Potato & Tuna Mayonnaise
- Peas & Cauliflower
- Ice Cream

TUESDAY

-  Beef Pasta Bolognese
-   Vegetable & Chickpea Jambalaya
-  Jacket Potato & Baked Beans
-  Jacket Potato & Salmon Mayonnaise
- Sweetcorn & Broccoli
- Apple Crumble with Custard

WEDNESDAY

-  Roast Chicken Breast & Gravy with Roast Potatoes
-   Roasted Vegetable and Lentil Loaf with Gravy & Roast Potatoes
-  Jacket Potato & Baked Beans
-  Jacket Potato & Tuna Mayonnaise
- Carrots & Green Beans
- Pineapple Upside Down Sponge with Custard

THURSDAY

-  Chicken Pasta Bake
-   Soya Strip, Honey & Ginger Stir Fry with Rice
-  Jacket Potato & Baked Beans
-  Jacket Potato & Tuna Mayonnaise
- Sweetcorn & Roasted Mediterranean Vegetables
- Strawberry Jelly



FRIDAY

-  Fish Fingers & Chips 
-  Falafel & Salad Pitta with Chips
-  Jacket Potato & Baked Beans
-  Jacket Potato & Tuna Mayonnaise
- Peas & Baked Beans
- Shortbread Biscuit

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

WEEK 2

MONDAY

-  Spaghetti Bolognese
-  Vegetarian Pasta Bolognese
-  Jacket Potato & Baked Beans
-  Jacket Potato & Tuna Mayonnaise
- Carrots & Vegetable Medley
- Eve's Pudding with Custard


TUESDAY

-  BBQ Chicken with Wedges
-   Ratatouille & Bean Wrap with Wedges
-  Jacket Potato & Baked Beans
-  Jacket Potato & Tuna Mayonnaise
- Green Beans & Cauliflower
- Orange Drizzle Cake

WEDNESDAY

-  Roast Turkey & Gravy with Roast Potatoes
-   Roasted Soya Strips & Gravy with Roast Potatoes
-  Jacket Potato & Baked Beans
-  Jacket Potato & Tuna Mayonnaise
- Peas & Roasted Root Vegetables
- Fruity Flapjack

THURSDAY

-  Cottage Pie
-   Vegetable Chow Mein
-  Jacket Potato & Baked Beans
-  Jacket Potato & Tuna Mayonnaise
- Sweetcorn & Green Cabbage
- Fresh Fruit Salad

FRIDAY

-  Fish Fingers & Chips 
-  Sweet Potato Frittata & Chips
-  Jacket Potato & Baked Beans
-  Jacket Potato & Tuna Mayonnaise
- Peas & Baked Beans
- Pear & Chocolate Sponge






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

WEEK 3






MONDAY

-  Chicken Chow Mein with Noodles
-  Vegetable Hot Pot
-  Jacket Potato & Baked Beans
-  Jacket Potato & Tuna Mayonnaise
- Carrots & Green Beans
- Apple & Banana Cake

TUESDAY

-  Beef Burger in a Bun with Wedges
-   Vegetable Chilli & Rice
-  Jacket Potato & Baked Beans
-  Jacket Potato & Tuna Mayonnaise
- Broccoli & Roasted Mediterranean Vegetables
- Fresh Fruit Salad

WEDNESDAY

-  Roast Chicken Breast & Gravy with Roast Potatoes
-   Vegetable & Sweet Potato Bake with Gravy & Roast Potatoes
-  Jacket Potato & Baked Beans
-  Jacket Potato & Tuna Mayonnaise
- Carrots & Green Cabbage
- Lemon & Courgette Muffin

THURSDAY

-  Shepherd's Pie
-   Roast Vegetable Cous Cous
-  Jacket Potato & Baked Beans
-  Jacket Potato & Tuna Mayonnaise
- Sweetcorn & Cauliflower
- Orange Jelly & Mandarins

FRIDAY

-  Fish Fingers & Chips 
-  Vegetable Quesadilla & Chips
-  Jacket Potato & Baked Beans
-  Jacket Potato & Tuna Mayonnaise
- Peas & Baked Beans
- Chocolate & Beetroot Brownie

KEY



Vegetarian



Plant Based  
Vegan Friendly



MSC Fish



Meat



Fish



Vegetarian



Alternative

# 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!

## WELL FOR 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.



Feeding Hungry Minds

CLICK HERE TO VISIT OUR WEBSITE

CLORE TIKVA PRIMARY

## YOUR SCHOOL LUNCHES ARE:

Click here for Meal Ordering and Payment information

### 1 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.

### 2 MADE FROM GREAT INGREDIENTS, BY AWESOME PEOPLE



Over 85% of our dishes are freshly prepared each day

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.



### 3 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 meat-free meals which can provide more fibre & less saturated fat!



### 4 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 – 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.



CLICK HERE TO FIND OUT HOW MUCH YOU CAN SAVE

### 5 TOP TIME SAVERS



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

#### CONTACT US:

Payments and Meal Ordering

Nutrition Guidance

General Enquiries

#### FOLLOW US:

@ISS\_Education

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