





WEEK COMMENCING: 25TH APRIL, 16TH MAY, 6TH 27TH JUNE, 18TH JULY, 19TH SEPT, 10TH OCT

WEEK 1

MONDAY

Chickpea & Mixed Vegetable  Spicy Rice

Beef Burger in a Bun with Potato Wedges

Jacket Potato & Cheese  Baked Beans , Coleslaw  or Tuna Mayo 

Seasonal Vegetables 

Golden Crispy Cake 

TUESDAY

Quorn Meatballs in Tomato Sauce, Pasta & Garlic Bread 

Cottage Pie

Jacket Potato & Cheese  Baked Beans , Coleslaw  or Tuna Mayo 

Seasonal Vegetables 

Eves Pudding & Custard 

WEDNESDAY

Cheese & Onion Quiche with Roast Potatoes 



Roast Chicken, Yorkshire Puddings, Roast Potatoes & Gravy

Jacket Potato & Cheese  Baked Beans , Coleslaw  or Tuna Mayo 

Seasonal Vegetables 

Ice Cream with Peaches & Fruit Melba Sauce 

THURSDAY

Vegetable Stirfry with Noodles  or Rice 

Margherita Pizza

Jacket Potato & Cheese  Baked Beans , Coleslaw  or Tuna Mayo 



Seasonal Vegetables 

Jam & Coconut Sponge with Custard 

FRIDAY

Cheese & Leek Pasty with Chips 

Fish Fingers & Chips 

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


Seasonal Vegetables 


Chocolate Brownie 



WEEK COMMENCING: 2ND, 23RD MAY, 13TH JUNE, 4TH 25TH JULY, 5TH 26TH SEPT, 17TH OCT

WEEK 2

MONDAY

Tomato & Herb Puff  with Potato wedges

Quorn Burger  & Potato Wedges

Jacket Potato & Cheese  Baked Beans , Coleslaw  or Tuna Mayo 




Seasonal Vegetables 

Chocolate Shortbread 

TUESDAY

Vegetable Lasagne 

Sausage with Mashed Potato & Gravy

Jacket Potato & Cheese  Baked Beans , Coleslaw  or Tuna Mayo 





Seasonal Vegetables 

Peach & Cherry Cobbler with Custard 

WEDNESDAY

Sweet Potato & Pepper Frittata  with New Potatoes

Roast Gammon Yorkshire Puddings, New Potatoes & Gravy

Jacket Potato & Cheese  Baked Beans , Coleslaw  or Tuna Mayo 


Seasonal Vegetables 

Strawberry Vanilla Frozen Mousse 

THURSDAY

Vegetable Bolognese  with Pasta

Chicken & Sweetcorn Pizza

Jacket Potato & Cheese  Baked Beans , Coleslaw  or Tuna Mayo 





Seasonal Vegetables 

Pineapple Upside Down Sponge 

FRIDAY

Macaroni Cheese 

Battered Fish & Chips 

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


Seasonal Vegetables 

Cherry Cinnamon Muffins 





WEEK COMMENCING: 9TH 30TH MAY, 20TH JUNE, 11TH JULY, 1ST AUG, 12TH SEPT, 3RD, 24TH OCT

WEEK 3


MONDAY

Quorn Hot Dogs  with Potato Wedges

Margherita Pizza 

Jacket Potato & Cheese  Baked Beans , Coleslaw  or Tuna Mayo 





Seasonal Vegetables 

Apple Strudel 

TUESDAY

Tomato Pasta Bake with Garlic Bread 

Chicken Pie, Boiled Potatoes & Gravy

Jacket Potato & Cheese  Baked Beans , Coleslaw  or Tuna Mayo 





Seasonal Vegetables 

Chocolate Sponge with Chocolate Sauce 

WEDNESDAY

Cheese & Bean Wrap 

Roast Turkey Yorkshire Puddings, Stuffing, Roast Potatoes & Gravy

Jacket Potato & Cheese  Baked Beans , Coleslaw  or Tuna Mayo 




Seasonal Vegetables 


Peach Fool 

THURSDAY

Quorn Korma  with Rice

All Day Breakfast

Jacket Potato & Cheese  Baked Beans , Coleslaw  or Tuna Mayo 





Seasonal Vegetables 

Sticky Toffee Pudding & Custard 

FRIDAY

Vegetable & Butter Bean Gratin  with Chips

Fish Fingers & Chips 

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

Seasonal Vegetables 

American Pancake with Red Berry Sauce 

KEY



Vegetarian



Plant Based Vegan Friendly



Sustainably Caught Fish

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