# WEEK COMMENCING: 1st & 22ND NOVEMBER, 13th DECEMBER, 3RD & 24th JANUARY, 7th & 28th MARCH

| MONDAY  |  |
|---|--|
| Margherita Pizza <b>⊙</b><br>with Potato Wedges |  |
| Shepherdess Pie V<br>with Potato Wedges         |  |

Peas & Cauliflower 👽 Pear Crumble with Custard •

Strawberry or Peach Yoghurt V

# TUESDAY

Cheese & Tomato Penne Pasta V

BBQ Chicken Pasta Bake III

Oven Baked Jacket Potato with Cheese ♥, Baked Beans ♥, Coleslaw or Tuna Mayo

Sweetcorn & Green Cabbage ®

Cheese & Crackers V

#### WEDNESDAY

Roasted Veggie Strips 📎 with Roast Potatoes & Gravy

> Roast Chicken with @ Roast Potatoes & Gravy

> > Carrots & Broccoli 💮

Pineapple Upside Down 

O Sponge with Custard

Strawberry or Peach Yoghurt V

#### THURSDAY

Chickpea & Mixed 99 Vegetable Curry with Rice

Lamb & Vegetable Stew ( with Rice

Oven Baked Jacket Potato with Cheese V, Baked Beans V, Coleslaw or Tuna Mayo

Green Beans & Carrots 9

Pancakes with Berry Coulis V

Cheese & Crackers •

### **FRIDAY**

Baked Bean & Cheese Puff V

Crumbed Fish Fingers with Chunky Chips & Tomato Ketchup

Peas & Baked Beans 👽

Strawberry Frozen Yoghurt 

O

Strawberry or Peach Yoghurt •



**KEY** 

Vegetarian

Plant Based

Vegan Friendly

# WEEK COMMENCING: 8<sup>TH</sup> & 29<sup>TH</sup> NOVEMBER, 10<sup>TH</sup> & 31<sup>ST</sup> JANUARY, 21<sup>ST</sup> FEBRUARY, 14<sup>TH</sup> MARCH

| MONDAY                                   | TUESDAY  | WEDNESDA   |
|--|--|--|
| Vegetable Hotpot ♥<br>with Potato Wedges | Vegetable & Lentil Bolognese   | Vegetable & Lent<br>with Roast Potatoes                        |
| Margherita Pizza 🛡                       | Lamb Penne Bolognese ®<br>with Penne Pasta                                   | Roast Chicken<br>Roast Potatoes &                              |
| with Potato Wedges                       | Oven Baked Jacket Potato with<br>Baked Beans ♥, Cheese ♥ or<br>Salmon Mayo 🛋 | Oven Baked Jacket P<br>Cheese O, Baked E<br>Coleslaw O or Tuna |
| Sweetcorn & Green Beans 📀                | Peas & Cauliflower 📀   | Carrots & Red Ca   |

Carrot Cake V Cheese & Crackers V

Cheese & Onion Flan V

with New Potatoes

# ntil Loaf 😏 es & Gravy

with & Gravy

Potato with Beans 👀. Mayo 🗝

abbage 💮

Orange Jelly & Mandarins 

Orange Jelly & Mandarins Strawberry or Peach Yoghurt V

# **THURSDAY**

Macaroni Cheese V Mild Chicken Curry (

Oven Baked Jacket Potato with Cheese V. Baked Beans V. Coleslaw Vor Tuna Mayo

with Rice

Vegetable Medley 😔

Oat Dream Cookie V Cheese & Crackers V Cheese, Tomato & Basil Pastry V with Chunky Chips

FRIDAY

Crumbed Fish Fingers with Chunky Chips & Tomato Ketchup

Peas & Baked Beans 💀

Chocolate & Orange Brownie V

Strawberry or Peach Yoghurt V

#### WEEK COMMENCING: 15TH NOVEMBER, 6TH DECEMBER, 17TH JANUARY, 7TH & 28TH FEBRUARY, 21ST MARCH TUESDAY WEDNESDAY THURSDAY **FRIDAY**

MONDAY Tomato, Lentil & Bean Pasta 👀 with Penne Pasta Margherita Pizza 🔻 with Potato Wedges

Peas & Carrots 💀

Marble Sponge •

Strawberry or Peach Yoghurt •

Pear Crumble with Custard •

Strawberry or Peach Yoghurt 

Output

Output

Description:

Shepherd's Pie @ with New Potatoes Oven Baked Jacket Potato with Cheese , Baked Beans , Coleslaw or Tuna Mayo Sweetcorn & Cauliflower 99 Pear & Mixed Berry Pie with Custard •

Cheese & Crackers V

BBQ Veggie Strips 🦠 with Roast Potatoes & Gravy Roast Chicken with Roast Potatoes & Gravy

Carrots & Broccoli 💮 Strawberry Jelly V Strawberry or Peach Yoghurt V

Quorn Sausage V with Mashed Potato & Gravy

Chicken Sausages with Mashed Potato & Gravy

Oven Baked Jacket Potato with Cheese V, Baked Beans V, Coleslaw or Tuna Mayo 🔄

Green Beans & White Cabbage §

Iced Bun 💟

Cheese & Crackers •

Quorn Nuggets with • Chunky Chips & Tomato Ketchup

Crumbed Fish Fingers with Chunky Chips & Tomato Ketchup

Oven Baked Jacket Potato with Cheese , Baked Beans , Coleslaw v or Tuna Mayo

Peas & Baked Beans 👀

Apple Crumble with Custard V

Strawberry or Peach Yoghurt •





**Caught Fish** 

# YOUR SCHOOL LUNCHES ARE:

# **DELICIOUSLY HEALTHY CHOICES**

# This Term Features...

#### **20 NEW SALADS!**

Did you know pupils get to choose from a selection of five salads every day? We've just made the salad bar even tastier with these additional options!

#### **WASTE-LESS RECIPES**

Ensuring our menus are as sustainable as possible is important to us, which is why we're introducing recipes that minimise food waste and use up 'left over' ingredients. Here's an example! Why not give it a go?



Charlotte Quick, Company Nutritionist, explains a little about how we build our menus

### WE HAVE INCREASED THE NUMBER OF PLANT **BASED DISHES ON OUR MENUS BY 20%**

## 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 even more and are proud Peas Please pledgers. Find out more here!



# 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 experienced cooks are passionate about feeding hungry minds and supporting pupil wellbeing through engaging dining experiences.

Click on the video to hear from Jane and Duncan, two of our awesome chefs, as they prepare one of our delicious recipes!



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

Check out this tasty sweet potato, lentil and chickpea curry recipe!



# Terrific Value

# **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

# INTRODUCING YOUR **NEW MENU**

Welcome to your new menu, which has been created so your child can enjoy a delicious, balanced school lunch every day. On this page you'll find some of our dedicated experts talking about how we design, cook and serve our meals. All our menus aim to offer great value, meet school food standards and are at the heart of the exciting food experiences we strive to create for our young diners.

Thank you and please get in touch if you have any questions or suggestions!



Click here for meal ordering and payment information

# **CONTACT US:**



Payments and Meal Ordering



**Nutrition Guidance** 



**General Enquiries** 

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Feeding Hungry Minds