

**WEEK COMMENCING: 1<sup>ST</sup> & 22<sup>ND</sup> NOVEMBER, 13<sup>TH</sup> DECEMBER, 3<sup>RD</sup> & 24<sup>TH</sup> JANUARY, 7<sup>TH</sup> & 28<sup>TH</sup> MARCH**

**WEEK 1**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Margherita Pizza  with Potato Wedges	Cheese & Tomato Penne Pasta 	Roasted Veggie Strips  with Roast Potatoes & Gravy	Chickpea & Mixed  Vegetable Curry with Rice	Baked Bean & Cheese Puff 
Shepherdess Pie  with Potato Wedges	BBQ Chicken Pasta Bake	Roast Chicken with Roast Potatoes & Gravy	Lamb & Vegetable Stew with Rice	Crumbed Fish Fingers  with Chunky Chips & Tomato Ketchup
Peas & Cauliflower 	Sweetcorn & Green Cabbage 	Carrots & Broccoli 	Green Beans & Carrots 	Peas & Baked Beans 
Pear Crumble with Custard 	Fruity Flapjack 	Pineapple Upside Down Sponge with Custard	Pancakes with Berry Coulis 	Strawberry Frozen Yoghurt 
Strawberry or Peach Yoghurt 	Cheese & Crackers 	Strawberry or Peach Yoghurt 	Cheese & Crackers 	Strawberry or Peach Yoghurt 

**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**

**WEEK 2**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Vegetable Hotpot  with Potato Wedges	Vegetable & Lentil Bolognese  with Penne Pasta	Vegetable & Lentil Loaf  with Roast Potatoes & Gravy	Macaroni Cheese 	Cheese, Tomato & Basil Pastry  with Chunky Chips
Margherita Pizza  with Potato Wedges	Lamb Penne Bolognese with Penne Pasta	Roast Chicken with Roast Potatoes & Gravy	Mild Chicken Curry with Rice	Crumbed Fish Fingers  with Chunky Chips & Tomato Ketchup
Sweetcorn & Green Beans 	Peas & Cauliflower 	Carrots & Red Cabbage 	Vegetable Medley 	Peas & Baked Beans 
Pear Crumble with Custard 	Carrot Cake 	Orange Jelly & Mandarins 	Oat Dream Cookie 	Chocolate & Orange Brownie 
Strawberry or Peach Yoghurt 	Cheese & Crackers 	Strawberry or Peach Yoghurt 	Cheese & Crackers 	Strawberry or Peach Yoghurt 

**WEEK COMMENCING: 15<sup>TH</sup> NOVEMBER, 6<sup>TH</sup> DECEMBER, 17<sup>TH</sup> JANUARY, 7<sup>TH</sup> & 28<sup>TH</sup> FEBRUARY, 21<sup>ST</sup> MARCH**

**WEEK 3**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Tomato, Lentil & Bean Pasta  with Penne Pasta	Cheese & Onion Flan  with New Potatoes	BBQ Veggie Strips  with Roast Potatoes & Gravy	Quorn Sausage  with Mashed Potato & Gravy	Quorn Nuggets with  Chunky Chips & Tomato Ketchup
Margherita Pizza  with Potato Wedges	Shepherd's Pie with New Potatoes	Roast Chicken with Roast Potatoes & Gravy	Chicken Sausages with Mashed Potato & Gravy	Crumbed Fish Fingers  with Chunky Chips & Tomato Ketchup
Peas & Carrots 	Sweetcorn & Cauliflower 	Carrots & Broccoli 	Green Beans & White Cabbage 	Peas & Baked Beans 
Marble Sponge 	Pear & Mixed Berry Pie with Custard 	Strawberry Jelly 	Iced Bun 	Apple Crumble with Custard 
Strawberry or Peach Yoghurt 	Cheese & Crackers 	Strawberry or Peach Yoghurt 	Cheese & Crackers 	Strawberry or Peach Yoghurt 

**KEY**



**Vegetarian**



**Plant Based  
Vegan Friendly**



**Sustainably  
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!



## 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

## 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.



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

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!



## 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

### CONTACT US:



Payments and Meal Ordering



Nutrition Guidance



General Enquiries

### FOLLOW US:



@ISS\_Education



Feeding Hungry Minds

CLICK HERE TO VISIT OUR WEBSITE