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

WEEK COMMENCING: 1 st & 22 ND NOVEMBER, 13 TH DECEMBER, 3 RD & 24 TH JANUARY, 7 TH & 28 TH MARCH					
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	KEY
Margherita Pizza 🕥 with Potato Wedges	Cheese & Tomato Penne Pasta 👁	Roasted Veggie Strips 📎 with Roast Potatoes & Gravy	Chickpea & Mixed \odot Vegetable Curry with Rice	Baked Bean & Cheese Puff 🔍 with Chips	
Shepherdess Pie 오	BBQ Chicken Pasta Bake ⁽¹⁾ Oven Baked lacket Potato with	Roast Chicken with 🖲	Beef & Vegetable Stew with Rice Oven Baked Jacket Potato	Crumbed Fish Fingers with 🖾	Vegetarian
with Potato Wedges	Cheese Q, Baked Beans Q, Coleslaw Q or Tuna Mayo	Roast Potatoes & Gravy	with Cheese V, Baked Beans V or Coleslaw V	Chunky Chips & Tomato Ketchup	
Peas & Cauliflower 📎	Sweetcorn & Green Cabbage 📎	Carrots & Broccoli 🛇	Green Beans & Carrots 👳	Peas & Baked Beans 👳	Plant Based Vegan Friendly
Pear Crumble with Custard 오	Fruity Flapjack 오	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 TH & 29 TH N	NOVEMBER, 10 TH & 31 st JAN	IUARY, 21 st FEBRUARY, 14	ITH MARCH	Halal Option Available

mariné

Sustainably Caught Fish

WEEK1

WEEK 2

WFFK 3

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
Vegetable Hotpot 😒 with Potato Wedges	Vegetable & Lentil 😒 Bolognese with Penne Pasta	Vegetable & Lentil Loaf o with Roast Potatoes & Gravy	Classic Macaroni Cheese 오	Cheese, Tomato & Basil Pastry 🕥 with Chips	
	Beef Bolognese ® with Penne Pasta	Roast Chicken with 🐵 Roast Potatoes & Gravy	Mild Chicken Curry 🖲 with Steamed Rice		
Margherita Pizza 💿 with Potato Wedges	Oven Baked Jacket Potato with Salmon Mayonnaise 🛋	Oven Baked Jacket Potato with Cheese ♥, Baked Beans ♥, Coleslaw ♥, or Tuna Mayo 🛋	Oven Baked Jacket Potato with Cheese ♥, Baked Beans ♥, Coleslaw ♥ or Tuna Mayo ➡	Crumbed Fish Fingers with i 🗠 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 오	Chocolate & Orange Brownie 오	
Strawberry or Peach Yoghurt 🔮	Cheese & Crackers 🛇	Strawberry or Peach Yoghurt 👁	Cheese & Crackers 오	Strawberry or Peach Yoghurt 🔮	

WEEK COMMENCING: 15TH NOVEMBER, 6TH DECEMBER, 17TH JANUARY, 7TH & 28TH FEBRUARY, 21ST MARCH

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Tomato, Lentil & Bean Pasta 오	Cheese & Onion Flan O with New Potatoes	BBQ Vegetable Strips with $^{\odot}$ Roast Potatoes & Gravy	Quorn Sausage with O Mashed Potato & Gravy	Quorn Nuggets with Chunky 🔍 Chips & Tomato Ketchup
		Beef Cottage Pie 🕲		Pork/Chicken Sausages with Mashed Potato & Gravy	Crumbed Fish Fingers with 🔤 Chunky Chips & Tomato Ketchup
TTM	Margherita Pizza 💿 with Potato Wedges	Oven Baked Jacket Potato with Cheese 文, Baked Beans 文, Coleslaw 文 or Tuna Mayo 🛋	Roast Chicken with 💿 Roast Potatoes & Gravy	Oven Baked Jacket Potato with Cheese 🔍 Baked Beans 오 or Coleslaw 👁	Oven Baked Jacket Potato with Cheese ©, Baked Beans © or Coleslaw ©
	Peas & Carrots 📎	Sweetcorn & Cauliflower 📀	Carrots & Broccoli 📀	Green Beans & White Cabbage 😒	Peas & Baked Beans 📎
	Marble Sponge 오	Pear & Mixed Berry Pie & Custard 🔍	Strawberry Jelly 🔍	Iced Bun 🔍	Apple Crumble with Custard 오
	Strawberry or Peach Yoghurt 오	Cheese & Crackers 오	Strawberry or Peach Yoghurt 오	Cheese & Crackers 오	Strawberry or Peach Yoghurt 🔍 🧹

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!

WE HAVE INCREASED

BASED DISHES ON

OUR MENUS BY 20%

THE NUMBER OF PLANT

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?

WE DON'T ADD ANY SALT TO

OUR RECIPES...

to add flavour.

We use herbs, lemon juice

and other natural ingredients



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

THERE ARE NOW EVEN MORE VEGGIES ON OUR MENUS

.AND ABSOLUTELY FREE

EVERY CHILD IN KS1

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!



CONTACT US:

Payments and Meal Ordering
Nutrition Guidance
General Enquiries
FOLLOW US:
@ISS_Education



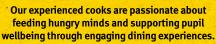
MADE FROM GREAT INGREDIENTS, BY AWESOME PEOPLE



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



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

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

our partnership with

Love British Food



Terrific Value



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**

