




WEEK COMMENCING: 02 Nov / 23 Nov / 14 Dec / 04 Jan / 25 Jan / 08 Mar / 29 Mar

WEEK 1

MONDAY

Chicken & Pasta  in Creamy Sauce
 Mozzarella & Tomato Puff Squares with Boiled Potatoes 
 Spinach & Lentil Dahl  with Rice
 Sweetcorn & Broccoli
 Peaches with Ice Cream & Fruit Melba Sauce





TUESDAY

Beef Hotpot  with Garlic Bread
 Roast Vegetable Calzone 
 Chickpea & Mixed Vegetable Spicy Rice 
 Peas & Cauliflower
 Yoghurt Bar




WEDNESDAY

Roast Chicken Breast with Roast Potatoes & Gravy
 Cheese & Tomato Pasta Bake 
 Roasted Vegetarian Strips with Gravy & Roast Potatoes 
 Carrots & Green Beans
 Oaty Apple & Berry Crumble with Custard

THURSDAY

Meat Feast Pizza  
 Margherita Pizza 
 Jacket Potato  with Vegetable Chilli
 Roasted Mediterranean Vegetables & Sweetcorn
 Orange Jelly with Fruit

FRIDAY

Fish Fingers & Chips 
 Spicy Bean Burger  in a Bun with Chips
 Mexican Rice Wrap 
 Peas & Baked Beans
 Fresh Fruit Salad




WEEK COMMENCING: 09 Nov / 30 Nov / 11 Jan / 01 Feb / 22 Feb / 15 Mar

WEEK 2

MONDAY

Honey & Ginger Vegetable Strips Stir Fry with Noodles 
 Quorn Paella 
 Jacket Potato  with Ratatouille
 Carrots & Vegetable Medley
 Lemon Cheesecake Yoghurt



TUESDAY

Kheema Beef Curry  with Rice
 Vegetable Lasagne 
 'Chicken' Style Piri Piri Strips Wrap 
 Green Beans & Cauliflower
 Yoghurt Bar

WEDNESDAY

Roast Turkey with Gravy & Roast Potatoes
 Macaroni Cheese 
 Butterbean & Vegetable Pattie with Roast Potatoes 
 Carrots & Green Cabbage
 Pear & Mixed Berry Pie with Custard

THURSDAY

Thai Red Chicken  Curry with Rice
 Roasted Vegetable Pizza 
 Chickpea & Mixed Vegetable Balti with Rice 
 Sweetcorn & Broccoli
 Lemon Shortbread with Fruit

FRIDAY

Battered Pollock & Chips with Tartare Sauce 
 Quorn Frankfurter Hot Dog with Chips 
 Mixed Vegetable & Butter Bean Ragu with New Potatoes 
 Peas & Baked Beans
 Frozen Toffee Yoghurt

WEEK COMMENCING: 16 Nov / 07 Dec / 18 Jan / 08 Feb / 01 Mar / 22 Mar

WEEK 3

MONDAY

Beef Spaghetti Bolognese 
 Tuna Mayonnaise Wrap
 Butterbean & Vegetable Tagine with Couscous 
 Carrots & Green Beans
 Peach Fool




TUESDAY

Chicken Sausage with Mashed Potato & Gravy
 Quorn Sausage  with Mashed Potato & Gravy
 Jacket Potato with Vegetable & Lentil Bolognese 
 Green Cabbage & Cauliflower
 Yoghurt Bar



WEDNESDAY

Roast Beef with Gravy & Roast Potatoes
 Quorn Roast with Gravy & Roast Potatoes 
 Goan Vegetable Curry with Rice 
 Carrots & Broccoli
 Apple & Banana Cake with Custard

THURSDAY

Jerk Chicken  & Rice Burrito
 Red Onion  & Sweetcorn Pizza
 Vegetable Hotpot 
 Sweetcorn & Roasted Mediterranean Vegetables
 Strawberry Jelly & Ice Cream

FRIDAY

Breaded Pollock & Chips 
 Cheese & Broccoli Quiche with Chips 
 Jacket Potato with Salmon Mayonnaise
 Peas & Baked Beans
 Fresh Fruit Salad

KEY



Vegetarian



Plant Based Vegan Friendly



Organic



MSC Fish



Free Range

DID YOU KNOW?



All our Flour, Milk & Pasta is Organic. We also serve individual Yeo Valley Yoghurt pots daily.

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

YOUR SCHOOL LUNCHES ARE:

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



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.

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

@ISSFoodServices