





**WEEK COMMENCING: 19 Apr / 10 May / 21 Jun / 12 Jul / 30 Aug / 20 Sep / 11 Oct**

WEEK 1




MONDAY

Il Pollo Pasta   
 Mozzarella & Tomato Puff Squares with Boiled Potatoes   
 Spinach & Lentil Dhal 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 Roast Potatoes & Gravy   
 Carrots & Green Beans  
 Oaty Apple & Berry Crumble with Custard

THURSDAY

Meat Feast Pizza   
 Margherita Pizza   
 Jacket Potato with Vegetable Chilli   
 Roasted Mediterranean Vegetables & Sweetcorn  
 Cheese & Crackers




FRIDAY

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




**WEEK COMMENCING: 26 Apr / 17 May / 07 Jun / 28 Jun / 19 Jul / 06 Sep / 27 Sep / 18 Oct**

WEEK 2

MONDAY

Honey & Ginger Vegetable Strips Stir Fry with Noodles   
 Quorn Paella   
 Jacket Potato with Ratatouille   
 Carrots & Vegetable Medley  
 Fresh Fruit Salad with Natural 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 & Roast Potatoes   
 Carrots & Green Cabbage  
 Pear & Mixed Berry Pie with Vanilla Ice Cream

THURSDAY

Thai Red Chicken Curry with Rice   
 Roasted Vegetable Pizza   
 Chickpea & Mixed Vegetable Balti with Rice   
 Sweetcorn & Broccoli  
 Cheese & Crackers

FRIDAY

Battered Pollock & Chips with Tartare Sauce   
 Quorn Frankfurter Hot Dog with Chips   
 Mixed Vegetable & Butterbean Ragù with New Potatoes   
 Peas & Baked Beans  
 Fresh Fruit Salad with Natural Yoghurt

**WEEK COMMENCING: 03 May / 24 May / 14 Jun / 05 Jul / 13 Sep / 04 Oct**

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  
 Cheese & Crackers

FRIDAY

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

**KEY**



Vegetarian



Plant Based  
Vegan Friendly



Sustainably  
Caught Fish



Halal Option  
Available



# YOUR 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 people 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.

Before you read on, we'd also like to reassure you that our service is safe and has been carefully reviewed throughout the pandemic, with adjustments made where needed. Our catering teams have received training, to ensure they are following Government guidance at all times, and our local managers have assessed and will continue to review the service.

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



Click here for Meal Ordering and Payment information



Feeding Hungry Minds

CLICK HERE TO VISIT OUR WEBSITE

## YOUR SCHOOL LUNCHES ARE:

### MADE FROM GREAT INGREDIENTS, BY AWESOME PEOPLE

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!



Love British Food  
Official Partner

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

...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

### EVEN HEALTHIER & 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.



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

### 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!



#### CONTACT US:



Payments and Meal Ordering

Nutrition Guidance



General Enquiries

#### FOLLOW US:



@ISS\_Education



@ISSFoodServices