




WEEK 1

WEEK COMMENCING: 18TH APRIL, 9TH MAY, 20TH JUNE, 11TH JULY, 12TH SEPTEMBER, 3RD OCTOBER

MONDAY

Mixed Vegetable Biryani  with Rice


Margherita Pizza  with Paprika Wedges

Sweetcorn & Peas 


Peach Crumble with Custard


Fresh Fruit Salad  or Yoghurt 



TUESDAY

Vegetable & Lentil Bolognese Sauce  with Penne Pasta


Beef Lasagne  with Garlic Bread

Green Beans & Cauliflower 

Berry Jelly 


Fruit Platter  or Cheese & Crackers 

WEDNESDAY

Mozzarella & Tomato Puff Squares  with Roast Potatoes

Roast Chicken  with Roast Potatoes

Jacket Potato  with Beans  or Cheese  or Coleslaw 

Carrots & Broccoli 

Chocolate Cracknell

Fresh Fruit  or Yoghurt 



THURSDAY

Chickpea & Vegetable Tagine  with Couscous


Peri Peri Chicken  with Potato Wedges & Coleslaw

Sweetcorn & Green Cabbage 





Vanilla Sponge with Apple Compote


Fruit Platter  or Cheese & Crackers 

FRIDAY

Grilled Quorn Burger  with Ketchup & Chips

Fish Fingers  with Ketchup & Chips

Jacket Potato  with Salmon Mayonnaise  or Cheese  or Beans 

Peas & Baked Beans 

Pancake with Berry Coulis


Fruit Salad  or Yoghurt 

WEEK 2

WEEK COMMENCING: 25TH APRIL, 16TH MAY, 6TH JUNE, 27TH JUNE, 18TH JULY, 19TH SEPTEMBER, 10TH OCTOBER


MONDAY

Chickpea & Mixed Vegetable  Spicy Rice

Red Onion & Sweetcorn Pizza  with Jacket Wedges

Vegetable Medley 

Fruity Flapjack


Fresh Fruit Salad  or Yoghurt 

TUESDAY



Vegetable Chilli Con Carne  with Rice

Chicken Curry  with Rice

Jacket Potato  with Beans  or Cheese  or Coleslaw 

Sweetcorn & Broccoli 

Oat Dream Cookie

Fruit Platter  or Cheese & Crackers 

WEDNESDAY

Veggie Strips  with Roast Potatoes & Gravy

Roast Chicken Breast  with Roast Potatoes


Cauliflower & Green Beans 

Frozen Toffee yoghurt


Fresh Fruit  or Yoghurt 

THURSDAY



Macaroni Cheese 

Italian Beef Sub 

Jacket Potato  with Beans  or Cheese  or Coleslaw 

Roasted Mediterranean Vegetables & Carrots 

Oaty Apple & Berry Crumble with Custard


Fruit Platter  or Cheese & Crackers 

FRIDAY

Battered Fish  served with Ketchup & Chips

Fish Fingers  with Ketchup & Chips

Jacket Potato  with Beans  or Cheese  or Coleslaw 

Peas & Baked Beans 


Pear & Vanilla Sponge with Custard

Fruit Salad  or Yoghurt 


WEEK 3

WEEK COMMENCING: 2ND MAY, 23RD MAY, 13TH JUNE, 4TH JULY, 5TH SEPTEMBER, 26TH SEPTEMBER, 17TH OCTOBER

MONDAY

Vegetable Chow Mein 


Margherita Pizza  with Potato Wedges


Peas & Cauliflower 

Marble sponge


Fresh Fruit Salad  or Yoghurt 

TUESDAY

Cheese & Tomato Penne Pasta 

Beef Bolognese Sauce  with Penne Pasta


Jacket Potato  with Beans  or Cheese  or Coleslaw 

Broccoli & Sweetcorn 

Chocolate Tiffin


Fruit Platter  or Cheese & Crackers 


WEDNESDAY

Roast Vegetable & Lentil Loaf 

Roast Chicken  with Roast Potatoes

Jacket Potato  with Beans  or Cheese  or Coleslaw 


Spinach & Carrots 

Mandarins & Jelly 

Fresh Fruit  or Yoghurt 

THURSDAY



Lentil & Sweet Potato Curry 

Chicken & Vegetable Stir Fry  with Rice


Jacket Potato  with Beans  or Cheese  or Coleslaw 

Mixed Peas, Sweetcorn & Carrots 


Apple and Banana Sponge with Custard

Fruit Platter  or Cheese & Crackers 

FRIDAY

Spicy Bean Burger  with Chips

Fish Fingers  with Ketchup & Chips

Peas & Baked Beans 

Strawberry Frozen Yoghurt

Fruit Salad  or Yoghurt 

KEY



Vegetarian



Plant Based  
Vegan Friendly



Halal Option  
Available



Sustainably  
Caught Fish

COMING SOON



Look out for our new app, designed to make ordering and paying for meals even easier!

Click here for meal ordering and payment information

# BETTER FOR YOU, BETTER FOR THE PLANET

## Welcome to our healthiest menu yet!

We've been working hard to improve our recipes so that they're still delicious but also better for you and the planet! One way we've done this is by adding more plant based proteins such as red lentils and cannellini beans and that's meant...



WE'VE REDUCED SATURATED FAT BY **8%** PER PORTION



WE'VE ADDED LENTILS & BEANS WHICH CONTRIBUTE TOWARDS PUPILS' **5-A-DAY**



WE'VE INCREASED FIBRE BY ABOUT **60%** PER PORTION

Our nutritionists talk about the benefits of the new recipes!



We've reduced our CO<sub>2</sub> emissions by an average of **420g per meal** with these new recipes!

That's the equivalent of driving a medium sized petrol car for almost a mile.

### WHY NOT TRY ONE OF OUR RECIPES AT HOME?

Spaghetti Bolognese is a family favourite, our take on this classic will prove just as popular but is better for you & the planet!



### CONTACT US:

✉ Payments and Meal Ordering

✉ Nutrition Guidance

### FOLLOW US:

🐦 @ISS\_Education

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 ingredients are sourced from local and UK suppliers wherever possible - a fact we love to show off through our partnership with Love British Food.

## 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



CLICK HERE TO VISIT OUR WEBSITE