

WEEK COMMENCING: 18TH APRIL, 9TH MAY, 6TH & 27TH JUNE, 18TH JULY, 29TH AUGUST, 19TH SEPTEMBER, 10TH OCTOBER

WEEK 1

MONDAY

Goan Vegetable Curry with Rice 

Macaroni Cheese 

Fresh Broccoli & Sweetcorn 

Peach & Fruit Melba with Ice Cream 

TUESDAY

Vegetarian Sausage with Mashed Potato & Gravy 

Lemon & Garlic Chicken Thigh  topped with Mashed Potatoes & Gravy

Peas & Fresh Cauliflower 

Strawberry Jelly with Watermelon Wedges 

WEDNESDAY

Vegetable Chow Mein 

Lamb & Onion Pie  topped with Puff Pastry with New Potatoes & Gravy

Green Beans & Butternut Squash 

Lemon Drizzle Cake 

THURSDAY

Cheese & Tomato Pinwheel with Roast Potatoes & Gravy 

Roast Chicken  with Roast Potatoes & Gravy

Carrots & Savoy Cabbage 

Chocolate Sponge with Chocolate Sauce 

FRIDAY

Jacket Potato with Salmon or Tuna Mayo 

Margherita Pizza with Chunky Chips 

Baked Beans & Sweetcorn 

Fresh Fruit with Fruit Yoghurt 

WEEK COMMENCING: 25TH APRIL, 16TH MAY, 13TH JUNE, 4TH JULY, 5TH & 26TH SEPTEMBER, 17TH OCTOBER

WEEK 2

MONDAY

Cheese & Tomato Pasta 

Rajma Masala with Rice 


Cauliflower & Green Beans 

Fruit Ice Lolly 

TUESDAY

Cheese & Onion Flan with New Potatoes 


Chicken Korma with Rice 

Carrots & Peas 

Peach & Cherry Cobbler with Custard 

WEDNESDAY

Vegetable Biryani 

Lamb Meatballs  with Spaghetti in a Tomato Sauce

Fresh Broccoli & Butternut Squash 

Vanilla Sponge with Apple Compote 

THURSDAY

Shepherdess Pie with Gravy 

Peri Peri chicken with Lemon Rice 


Sweetcorn & Carrots 


Oat & Raisin Cookie with Orange Wedges 

FRIDAY

Vegetable Lasagne with Focaccia bread 

Fish Fingers with Chunky Chips 



Baked Beans & Peas 


Toffee Frozen Yoghurt 

WEEK COMMENCING: 2ND & 23RD MAY, 20TH JUNE, 11TH JULY, 12TH SEPTEMBER, 3RD OCTOBER

WEEK 3

MONDAY


Jacket Potato with Cheese   
Baked Beans  Tuna Mayo 

Sweetcorn Pizza with Potato Wedges 


Peas & Roasted Butternut Squash 

Chocolate & Vanilla Mousse 

TUESDAY


Honey & Vegetable Strips with Noodles 

Chicken Tikka Masala  with Rice & Naan Bread


Fresh Cauliflower & Green Beans 

Eves Pudding 

WEDNESDAY


Spinach & Lentil Dahl with Rice 

Lamb Lasagne  with Garlic Bread

Broccoli & Sweetcorn 

Fresh Fruit Salad 

THURSDAY


Roasted Vegetable & Lentil Loaf with Roast Potatoes & Gravy 

Roast Chicken  with Roast Potatoes & Gravy


Carrots & Savoy Cabbage 


Fruity Flapjack 

FRIDAY

Cauliflower & Broccoli Bake with Chunky Chips 

Breaded Fish with Chunky Chips 

Baked Beans and Peas 

Oaty Apple Crumble with Custard 

KEY



Vegetarian



Plant Based  
Vegan Friendly



Halal Option  
Available



Sustainably  
Caught Fish

DID  
YOU  
KNOW?



All our Milk  
& Bread is  
Organic



All our Meat  
is UK Farm  
Assured

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