







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


WEEK 1

MONDAY




Mixed Vegetable Biryani  with Rice

Margherita Pizza  with Paprika Wedges


Jacket Potato  with Beans  or Cheese  or Coleslaw 


Sweetcorn & Peas 





Peach Crumble with Custard


Fruit  or Strawberry Yoghurt  or Peach Yoghurt 


TUESDAY



Vegetable & Lentil Bolognese Sauce  with Penne Pasta

Beef Lasagne  with Garlic Bread


Jacket Potato  with Beans  or Cheese  or Coleslaw 


Green Beans & Cauliflower 





Berry Jelly 


Fruit  or Cheese & Crackers 

WEDNESDAY




Cheese & Tomato Penne Pasta 

Roast Chicken  with Roast Potatoes

Jacket Potato  with Beans  or Cheese  or Coleslaw 


Carrots & Broccoli 



Chocolate Cracknell


Fruit  or Strawberry Yoghurt  or Peach Yoghurt 

THURSDAY


Chickpea & Vegetable Tagine  with Couscous

Peri Peri Chicken  with Potato Wedges & Coleslaw

Jacket Potato  with Beans  or Cheese  or Coleslaw 

Sweetcorn & Green Cabbage 

Vanilla Sponge with Apple Compote

Fruit  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  or Strawberry Yoghurt  or Peach Yoghurt 

KEY



Vegetarian



Plant Based Vegan Friendly



Halal Option Available



Sustainably Caught Fish

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

WEEK 2

MONDAY

Chickpea & Mixed Vegetable  Spicy Rice

Red Onion & Sweetcorn Pizza  with Jacket Wedges


Jacket Potato  with Beans  or Cheese  or Coleslaw 


Vegetable Medley 





Fruity Flapjack


Fruit  or Strawberry Yoghurt  or Peach 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  or Cheese & Crackers 

WEDNESDAY




Veggie Strips  with Roast Potatoes & Gravy

Roast Chicken Breast  with Roast Potatoes


Jacket Potato  with Beans  or Cheese  or Coleslaw 


Cauliflower & Green Beans 





Frozen Toffee Yoghurt


Fruit  or Strawberry Yoghurt  or Peach 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  or Cheese & Crackers 

FRIDAY




Quornish Pasty  with Chips

Fish Fingers  with Ketchup & Chips

Jacket Potato  with Beans  or Cheese  or Coleslaw 

Peas & Baked Beans 


Pear & Vanilla Sponge with Custard


Fruit  or Strawberry Yoghurt  or Peach Yoghurt 




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


WEEK 3

MONDAY




Vegetable Chow Mein 

Margherita Pizza  with Potato Wedges


Jacket Potato  with Beans  or Cheese  or Coleslaw 


Peas & Cauliflower 





Marble sponge


Fruit  or Strawberry Yoghurt  or Peach Yoghurt 

TUESDAY



Cheese & Tomato Penne Pasta 

Beef Bolognese Sauce  with Penne Pasta


Jacket Potato  with Beans  or Cheese  or Coleslaw 


Broccoli & Sweetcorn 





Shortbread


Fruit  or Cheese & Crackers 


WEDNESDAY




Roast Vegetable & Lentil Loaf 

Roast Chicken  with Roast Potatoes

Jacket Potato  with Beans  or Cheese  or Coleslaw 

Spinach & Carrots 

Mandarins and Jelly 

Fruit  or Strawberry Yoghurt  or Peach Yoghurt 

THURSDAY

Cheese & Onion Flan  with New Potatoes

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  or Cheese & Crackers 

FRIDAY




Spicy Bean Burger  with Chips

Fish Fingers  with Ketchup & Chips

Jacket Potato  with Beans  or Cheese  or Coleslaw 

Peas & Baked Beans 

Strawberry Frozen Yoghurt

Fruit  or Strawberry Yoghurt  or Peach Yoghurt 

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 CO₂ 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



CLICK HERE TO VISIT OUR WEBSITE

Feeding Hungry Minds

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