

WEEK COMMENCING: 1<sup>ST</sup> NOV, 22<sup>ND</sup> NOV, 13<sup>TH</sup> DEC, 3<sup>RD</sup> JAN, 24<sup>TH</sup> JAN, 14<sup>TH</sup> FEB, 7<sup>TH</sup> MAR, 28<sup>TH</sup> MAR

WEEK 1

MONDAY

Quorn Hotdog 

Hotdog

Jacket Potato with Cheese   
Baked Beans , Coleslaw   
or Tuna Mayo 


Green Beans & Sweetcorn 

Peach Fool 


TUESDAY

Vegetable Lasagne 


Beef Spaghetti Bolognese

Jacket Potato with Cheese   
Baked Beans , Coleslaw   
or Tuna Mayo 

Carrots & Broccoli 


Oaty Apple & Berry  
Crumble with Custard 

WEDNESDAY

Roasted Veggie Strips   
with Roast Potatoes & Gravy

Roast Turkey with  
Roast Potatoes & Gravy

Jacket Potato with Cheese   
Baked Beans , Coleslaw   
or Tuna Mayo 





Roasted Mediterranean  
Vegetables 

Fresh Fruit Salad   
with Natural Yoghurt


THURSDAY

Red Onion & Sweetcorn Pizza 

Roast Vegetable Calzone 

Jacket Potato with Cheese   
Baked Beans , Coleslaw   
or Tuna Mayo 





Sweetcorn & Apple Slaw 

Oat Dream Cookie 

FRIDAY

Vegetable Balti & Rice 

Fish Fingers with Chips 

Jacket Potato with Cheese   
Baked Beans , Coleslaw   
or Tuna Mayo 

Peas & Baked Beans 

Frozen Toffee Yoghurt 

KEY



Vegetarian



Plant Based  
Vegan Friendly



Sustainably  
Caught Fish





WEEK COMMENCING: 8<sup>TH</sup> NOV, 29<sup>TH</sup> NOV, 20<sup>TH</sup> DEC, 10<sup>TH</sup> JAN, 31<sup>ST</sup> JAN, 21<sup>ST</sup> FEB, 14<sup>TH</sup> MAR


WEEK 2


MONDAY

Mexican Rice Wrap 

Lasagne

Jacket Potato with Cheese   
Baked Beans , Coleslaw   
or Tuna Mayo 





Peas & Cauliflower 

Frozen Strawberry Yoghurt 


TUESDAY

Honey & Ginger Veggie  
Strips Stir Fry with Noodles 

Chicken Curry

Jacket Potato with Cheese   
Baked Beans , Coleslaw   
or Tuna Mayo 





Swede & Carrots 

Yoghurt Bar 

WEDNESDAY

Butterbean & Vegetable Pattie  
with Roast Potatoes & Gravy 

Roast Chicken with  
Roast Potatoes & Gravy

Jacket Potato with Cheese   
Baked Beans , Coleslaw   
or Tuna Mayo 

Green Cabbage & Sweetcorn 

Vanilla Sponge   
with Apple Compote


THURSDAY

Margherita Pizza 


Chicken Sausage & Apple Plait

Jacket Potato with Cheese   
Baked Beans , Coleslaw   
or Tuna Mayo 






Broccoli & Runner Bean Slaw 

Strawberry Jelly   
with Ice Cream


FRIDAY

Quorn Nuggets & Chips 

Battered Pollock with Chips 

Jacket Potato with Cheese   
Coleslaw , Baked Beans   
Salmon Mayo  or Tuna Mayo 

Peas & Baked Beans 

Fresh Fruit Salad   
with Natural Yoghurt





WEEK COMMENCING: 15<sup>TH</sup> NOV, 6<sup>TH</sup> DEC, 27<sup>TH</sup> DEC, 17<sup>TH</sup> JAN, 7<sup>TH</sup> FEB, 28<sup>TH</sup> FEB, 21<sup>ST</sup> MAR


WEEK 3

MONDAY

Macaroni Cheese 


Beef Cottage Pie

Jacket Potato with Cheese   
Baked Beans , Coleslaw   
or Tuna Mayo 





Green Beans & Carrots 

Fruity Flapjack 


TUESDAY

Vegetable Hotpot 

Chicken BBQ Pasta Bake

Jacket Potato with Cheese   
Baked Beans , Coleslaw   
or Tuna Mayo 





Sweetcorn & Broccoli 


Yoghurt Bar 


WEDNESDAY

Vegetarian Sausages   
with Roast Potatoes & Gravy

Roast Chicken with  
Roast Potatoes & Gravy

Jacket Potato with Cheese   
Baked Beans , Coleslaw   
or Tuna Mayo 





Roasted Mediterranean  
Vegetables 

Fresh Fruit Salad with Ice Cream 

THURSDAY

Roasted Vegetable Pizza 

Margherita Pizza 

Jacket Potato with Cheese   
Baked Beans , Coleslaw   
or Tuna Mayo 





Roasted Cauliflower & Fruity Slaw 

Orange Jelly & Mandarins 

FRIDAY

Quorn Burger & Chips 

Fish Fingers & Chips 

Jacket Potato with Cheese   
Baked Beans , Coleslaw   
or Tuna Mayo 

Peas & Baked Beans 

Rice Krispy Cake 

AVAILABLE  
DAILY



A choice  
of Filled  
Baguettes



A choice of  
Fresh Fruit

# YOUR SCHOOL LUNCHES ARE:

## DELICIOUSLY HEALTHY CHOICES

### This Term Features...

#### 20 NEW SALADS!

Did you know pupils get to choose from a selection of five salads every day? We've just made the salad bar even tastier with these additional options!

#### WASTE-LESS RECIPES

Ensuring our menus are as sustainable as possible is important to us, which is why we're introducing recipes that minimise food waste and use up 'left over' ingredients. Here's an example! Why not give it a go?



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

WE HAVE INCREASED THE NUMBER OF PLANT BASED DISHES ON OUR MENUS BY 20%



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 even more and are proud Peas Please pledgers. Find out more here!



## INTRODUCING YOUR NEW 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 experts 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.

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



Click here for meal ordering and payment information

## 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.



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

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!



## 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

### CONTACT US:



Payments and Meal Ordering



Nutrition Guidance



General Enquiries

### FOLLOW US:



@ISS\_Education



Feeding Hungry Minds

CLICK HERE TO VISIT OUR WEBSITE