

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
- Cheese Baguette
- Green Beans & Sweetcorn
- Peach Fool

TUESDAY

- Vegetable Lasagne
- Beef Spaghetti Bolognese
- Jacket Potato with Cheese   
Baked Beans   
Coleslaw   
or Tuna Mayo
- Cheese & Tomato Panini
- 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
- Chicken Mayo Sandwich
- Roasted Mediterranean   
Vegetables
- Fresh Fruit Salad   
with Natural Yoghurt

THURSDAY

- Red Onion & Sweetcorn Pizza
- Chicken Sausage & Apple Plait
- Jacket Potato with Cheese   
Baked Beans   
Coleslaw   
or Tuna Mayo
- Ham Baguette
- Sweetcorn & Apple Slaw
- Oat Dream Cookie

FRIDAY

- Vegetable Balti & Rice
- Fish Fingers with Chips
- Jacket Potato with Cheese   
Baked Beans   
Coleslaw   
or Tuna Mayo
- Fish Finger Roll
- Peas & Baked Beans
- Frozen Toffee Yoghurt

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
- Beef Lasagne
- Jacket Potato with Cheese   
Baked Beans   
Coleslaw   
or Tuna Mayo
- Cheese Sandwich
- 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
- Tuna Mayo Roll
- 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
- Egg Mayo Baguette
- Green Cabbage & Sweetcorn
- Vanilla Sponge   
with Apple Compote

THURSDAY

- Roast Vegetable Calzone
- Margherita Pizza
- Jacket Potato with Cheese   
Baked Beans   
Coleslaw   
or Tuna Mayo
- Ham Baguette
- Broccoli & Runner Bean Slaw
- Strawberry Jelly   
with Ice Cream

FRIDAY

- Quorn Nuggets & Chips
- Battered Pollock or Fish Fingers  
with Chips
- Jacket Potato with Cheese   
Coleslaw   
Baked Beans   
Salmon Mayo   
or Tuna Mayo
- Tuna Mayo Wrap
- 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
- Cheese Roll
- Green Beans & Carrots
- Fruity Flapjack

TUESDAY

- Vegetable Hotpot
- Chicken BBQ Pasta Bake
- Jacket Potato with Cheese   
Baked Beans   
Coleslaw   
or Tuna Mayo
- Chicken Mayo Wrap
- 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
- Tuna Sandwich
- 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
- Ham Baguette
- Roasted Cauliflower & Fruity Slaw
- Orange Jelly & Mandarins

FRIDAY

- Quorn Burger & Chips
- Fish Fingers & Chips
- Jacket Potato with Cheese   
Baked Beans   
Coleslaw   
or Tuna Mayo
- Fish Finger Roll
- Peas & Baked Beans
- Rice Krispy Cake

KEY



Vegetarian



Plant Based  
Vegan Friendly



Sustainably  
Caught Fish

# 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