

WEEK COMMENCING: 2/11, 23/11, 14/12, 4/1, 25/1, 8/3, 29/3

WEEK 1



MONDAY

- Hotdog 
- Quorn Sausage Hotdog 
- Jacket Potato with Cheese, Baked Beans, Tuna or Coleslaw
- Sweetcorn & Broccoli
- Eve's Pudding & Custard

TUESDAY

- Creamy Chicken Pasta 
- Cheese & Tomato Whirls with Mashed Potato 
- Jacket Potato with Chees, Baked Beans, Tuna or Coleslaw
- Spinach & Cauliflower
- Frozen Toffee Yoghurt



WEDNESDAY

- Roast Turkey with Roast Potatoes & Gravy 
- Fry's Soya Strips with Roast Potatoes & Gravy 
- Jacket Potato with Chees, Baked Beans, Tuna or Coleslaw
- Carrots & Green Beans
- Fresh Fruit Salad

THURSDAY

- Margherita Pizza 
- Butterbean & Vegetable Tagine with Cous Cous 
- Jacket Potato with Chees, Baked Beans, Tuna or Coleslaw
- Roasted Mediteranean Vegetales & Sweetcorn
- Pineapple Upside Down Sponge & Custard



FRIDAY

- Fish Fingers & Chips 
- Chickpea and Mixed Vegetable Balti with Rice or Chips 
- Jacket Potato with Chees, Baked Beans, Tuna or Coleslaw
- Peas & Baked Beans
- Strawberry Jelly & Ice Cream

WEEK COMMENCING: 9/11, 30/11, 21/12, 11/1, 1/2, 22/2, 15/3

WEEK 2



MONDAY

- Lamb Pasta Bolognese 
- Vegetable & Lentil Bolognese with Pasta 
- Jacket Potato with Cheese, Baked Beans, Tuna or Coleslaw
- Carrots & Vegetable Medley
- Apple Crumble & Ice Cream



TUESDAY

- Chicken Curry & Rice 
- Macaroni Cheese 
- Jacket Potato with Cheese, Baked Beans, Tuna or Coleslaw
- Mixed Vegetables & Cauliflower
- Peaches & Fruit Melba Sauce with Ice Cream



WEDNESDAY

- Roast Chicken with Roast Potatoes & Gravy 
- Quorn Sausage with Roast Potatoes & Gravy 
- Jacket Potato with Cheese, Baked Beans, Tuna or Coleslaw
- Carrots & Green Cabbage
- Fresh Fruit Salad

THURSDAY

- Margherita Pizza 
- Tarka Dhal with Rice 
- Jacket Potato with Cheese, Baked Beans, Tuna or Coleslaw
- Sweetcorn & Broccoli
- Orange Drizzle Cake



FRIDAY

- Battered Fish or Fish Fingers & Chips 
- Quorn Nuggets & Chips 
- Jacket Potato with Cheese, Baked Beans, Tuna or Coleslaw
- Peas & Baked Beans
- Lemon Cheesecake Yoghurt



WEEK COMMENCING: 16/11, 7/12, 18/1, 8/2, 1/3, 22/3

WEEK 3


MONDAY

- BBQ Chicken & Rice 
- Vegetable Chili & Rice 
- Jacket Potato with Cheese, Baked Beans, Tuna or Coleslaw
- Carrots & Green Beans
- Pear & Mixed Berry Pie with Custard



TUESDAY

- Beef Lasagne 
- Three Bean Casserole with New Potatoes 
- Jacket Potato with Cheese, Baked Beans, Tuna or Coleslaw
- Broccoli & Cauliflower
- Iced Bun



WEDNESDAY

- Roast Chicken with Roast Potatoes & Gravy 
- Vegetarian Toad in the Hole with Roast Potatoes & Gravy 
- Jacket Potato with Cheese, Baked Beans, Tuna or Coleslaw
- Carrots & Spinach
- Frozen Strawberry Yoghurt

THURSDAY

- Red Onion & Sweetcorn Pizza 
- Margherita Pizza 
- Jacket Potato with Cheese, Baked Beans, Tuna or Coleslaw
- Sweetcorn & Roasted Mediterranean Vegetables
- Lemon & Courgette Muffin

FRIDAY

- Fish Fingers with Chips 
- Vegetable Calzone with Salad 
- Jacket Potato with Cheese, Baked Beans, Tuna, Salmon Mayo or Coleslaw
- Peas & Baked Beans
- Custard Biscuit with Sliced Peaches

KEY



Vegetarian



Plant Based



Halal Option Available



# HOT MEALS ARE BACK!

## INTRODUCING YOUR NEW MENU

## THANK YOU

This academic year has been like no other, which is why school lunches might have been a bit different recently. We'd like to say a big thank you for your support whilst we've been establishing the best approach for your school.

Where we've temporarily introduced packed lunches, we've been working hard behind the scenes to safely reintroduce hot meals.

We're now pleased to share the new menu with you, along with some of the great benefits school lunches can offer children and families!

## WELL FOR WINTER

Eating well helps to build and maintain healthy immune systems, which is why we think it's so important children can enjoy healthy, warming lunches at school, wherever possible.

We know it's a difficult time for most right now so want to highlight five ways school meals have the power to support you and your child this winter.



Feeding Hungry Minds

CLICK HERE TO VISIT OUR WEBSITE

## YOUR SCHOOL LUNCHES ARE:

Click here for Meal Ordering and Payment information

### 1 SUPER SAFE



From implementing Covid-19 safety measures, to carefully catering for a range of special dietary needs, the safety of our people and diners is always our top priority. Our health and safety experts make sure our catering teams have everything they need to run a safe service each day and support them with risk assessments and regular service reviews.



Check out our 'back to school' guide for parents and carers to hear from our management and nutrition specialists.

### 2 MADE FROM GREAT INGREDIENTS, BY AWESOME PEOPLE



Over 85% of our dishes are freshly prepared each day



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.

Our experienced cooks are passionate about feeding hungry minds and supporting pupil wellbeing through engaging dining experiences.



### 3 EVEN HEALTHIER – AND STILL DELICIOUS!

ON AVERAGE, WE'VE REDUCED THE SUGAR IN OUR MENUS BY 30%



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



WE'VE INTRODUCED MORE PLANT-BASED OPTIONS

So children have more choice when it comes to enjoying meat-free meals which can provide more fibre & less saturated fat!



### 4 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 – 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.



CLICK HERE TO FIND OUT HOW MUCH YOU CAN SAVE

### 5 TOP TIME SAVERS



Leave the challenge of creating exciting lunches every day to us – save time on shopping and chopping!

#### CONTACT US:

Payments and Meal Ordering

Nutrition Guidance

General Enquiries

#### FOLLOW US:

@ISS\_Education

@ISSFoodServices