








WEEK COMMENCING: 01 - NOV / 22 - NOV / 13 - DEC / 03 - JAN / 24 - JAN / 07 - MAR / 28 - MAR

WEEK 1


MONDAY

- Chickpea & Mixed Vegetable Balti with Rice 
- Roast Vegetable Couscous 
- BBQ Chicken Pasta Bake
- Green Beans & Sweetcorn 
- Peach Fool 

TUESDAY

- Jacket Potato with BBQ Baked Beans 
- Vegetable Lasagne 
- Beef Spaghetti Bolognese
- Carrots & Broccoli 
- Yoghurt Bar 






WEDNESDAY

- Roasted Veggie Strips with Gravy & Roast Potatoes 
- Cheese & Tomato Pasta Bake 
- Roast Turkey with Gravy & Roast Potatoes
- Roasted Mediterranean Vegetables 
- Fruit Pineapple Upside Down Sponge with Custard 

THURSDAY

- Goan Vegetable Curry with Rice 
- Red Onion & Sweetcorn Pizza 
- Sausage & Apple Plait
- Sweetcorn & Apple Slaw 
- Cheese & Crackers 

FRIDAY

- Cheese & Onion Quiche with Chips 
- Jacket Potato & Salmon Mayonnaise 
- Fish Fingers with Chips 
- Peas & Baked Beans 
- Frozen Strawberry Yoghurt with Fruits 

WEEK COMMENCING: 08 - NOV / 29 - NOV / 10 - JAN / 31 - JAN / 21 - FEB / 14 - MAR

WEEK 2

MONDAY

- Mexican Rice Wrap 
- Tuna Pasta Bake 
- Moroccan Beef with Couscous
- Peas & Cauliflower 
- Fresh Fruit Salad with Natural Yoghurt 

TUESDAY

- Shepherdess Pie with Sweet Potato Topping 
- Honey & Ginger Veggie Strips Stir Fry with Noodles 
- Chicken & Sweetcorn Meatball Sub in Tomato Sauce
- Swede & Carrots 
- Yoghurt Bar 






WEDNESDAY

- Chickpea & Mixed Veg Spicy Rice 
- Macaroni Cheese 
- Roast Beef with Gravy & Roast Potatoes
- Green Cabbage & Sweetcorn 
- Vanilla Sponge with Apple Compote 

THURSDAY

- Butternut, Butterbean & Vegetable Curry with Rice 
- Margherita Pizza 
- Chicken & Leek Wholemeal Pastry Pie
- Broccoli & Runner Bean Slaw 
- Cheese & Crackers 






FRIDAY

- Falafel & Salad Burger with Chips 
- Roasted Vegetable & Lentil Loaf with Chips 
- Battered Pollock & Chips 
- Peas & Baked Beans 
- Vanilla Ice Cream with Fruits 

WEEK COMMENCING: 15 - NOV / 06 - DEC / 17 - JAN / 07 - FEB / 28 - FEB / 21 - MAR

WEEK 3





MONDAY

- Piri Piri Veggie Strips Wrap 
- Jacket Potato with Vegetable Bean Chilli 
- Thai Green Quorn & Vegetable Curry with Rice 
- Green Beans & Carrots 
- Fresh Fruit Salad with Natural Yoghurt 





TUESDAY

- Vegetable Hotpot 
- Quorn Sausage & Gravy with Mashed Potato 
- Chicken Sausage & Gravy with Mashed Potato
- Sweetcorn & Broccoli 
- Yoghurt Bar 






WEDNESDAY

- Butterbean & Vegetable Pattie with Roast Potatoes 
- Cheese Subroll 
- Roast Lemon & Garlic Chicken Thigh with Roast Potatoes & Gravy
- Roasted Mediterranean Vegetables 
- Oaty Apple & Berry Crumble with Custard 

THURSDAY

- Spinach & Lentil Dhal with Rice 
- Roasted Vegetable Pizza 
- Cottage Pie
- Roasted Cauliflower & Fruity Slaw 
- Cheese & Crackers 

FRIDAY

- Vegetable Butterbean Ragu with Potato Wedges 
- Roast Vegetable Calzone 
- Breaded Pollock with Chips 
- Peas & Baked Beans 
- Strawberry Yoghurt with Fruits 

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

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**

Check out this tasty sweet potato, lentil and chickpea curry recipe!



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!



**CHOOSING FREE SCHOOL MEALS**  
All Children in key stage 1 & 2 are entitled to free school meals



**OUR MEALS OFFER GREAT VALUE**  
Few places offer homemade two course meals made from great ingredients

Sophie Crosswaite, Nutritionist, shares her thoughts on the value of school lunches



### CONTACT US:



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Feeding Hungry Minds

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