



WEEK COMMENCING: 02 Nov / 23 Nov / 14 Dec / 04 Jan / 25 Jan / 08 Mar / 29 Mar

WEEK 1



MONDAY

Il Pollo Pasta   
 Mozzarella & Tomato Puff Squares with Boiled Potatoes   
 Spinach & Lentil Dahl with Rice   
 Sweetcorn & Broccoli  
 Peaches with Ice Cream & Fruit Melba Sauce




TUESDAY

Beef Hotpot   
 with Garlic Bread  
 Roast Vegetable Calzone   
 Chickpea & Mixed Vegetable Spicy Rice   
 Peas & Cauliflower  
 Yoghurt Bar




WEDNESDAY

Roast Chicken Breast with Roast Potatoes & Gravy  
 Cheese & Tomato Pasta Bake   
 Roasted Vegetarian Strips with Gravy Roast Potatoes   
 Carrots & Green Beans  
 Oaty Apple & Berry Crumble with Custard

THURSDAY

Meat Feast Pizza   
 Margherita Pizza   
 Jacket Potato with Vegetable Chilli   
 Roasted Mediterranean Vegetables & Sweetcorn  
 Orange Jelly with Fruits

FRIDAY

Battered Pollock & Chips with Tartare Sauce   
 Spicy Bean Burger in a Bun with Chips   
 Mexican Rice Wrap   
 Peas & Baked Beans  
 Fresh Fruit Salad




WEEK COMMENCING: 09 Nov / 30 Nov / 11 Jan / 01 Feb / 22 Feb / 15 Mar

WEEK 2

MONDAY

Honey & Ginger Vegetable Strips Stir Fry with Noodles   
 Quorn Paella   
 Jacket Potato with Ratatouille   
 Carrots & Vegetable Medley  
 Lemon Cheesecake Yoghurt



TUESDAY

Kheema Beef Curry   
 with Rice  
 Vegetable Lasagne   
 'Chicken' Style Piri Piri Strips Wrap   
 Green Beans & Cauliflower  
 Yoghurt Bar

WEDNESDAY

Roast Turkey with Gravy & Roast Potatoes  
 Macaroni Cheese   
 Butterbean & Vegetable Pattie with Roast Potatoes   
 Carrots & Green Cabbage  
 Pear & Mixed Berry Pie with Custard

THURSDAY

BBQ Chicken Pizza   
 Roasted Vegetable Pizza   
 Chickpea & Mixed Vegetable Balti & Rice   
 Sweetcorn & Broccoli  
 Lemon Shortbread with Fruit

FRIDAY

Breaded Pollock & Chips   
 Quorn Frankfurter Hot Dog with Chips   
 Mixed Vegetable & Butter Bean Ragu with New Potatoes   
 Peas & Baked Beans  
 Frozen Toffee Yoghurt

WEEK COMMENCING: 16 Nov / 07 Dec / 18 Jan / 08 Feb / 01 Mar / 22 Mar

WEEK 3

MONDAY

Beef Spaghetti Bolognese   
 Tuna Mayonnaise Wrap  
 Butterbean & Vegetable Tagine with Couscous   
 Carrots & Green Beans  
 Peach Fool

TUESDAY

Chicken Sausage with Gravy & Mashed Potato  
 Quorn Sausage with Gravy & Mashed Potato   
 Jacket Potato with Vegetable & Lentil Bolognese   
 Green Cabbage & Cauliflower  
 Yoghurt Bar



WEDNESDAY

Roast Beef with Gravy & Roast Potatoes  
 Quorn Roast with Gravy & Roast Potatoes   
 Goan Vegetable Curry with Rice   
 Carrots & Broccoli  
 Apple & Banana Cake with Custard

THURSDAY

Piri Piri Chicken Pizza   
 Red Onion & Sweetcorn Pizza   
 Vegetable Hotpot   
 Sweetcorn & Roasted Mediterranean Vegetables  
 Strawberry Jelly & Ice Cream

FRIDAY

Battered Pollock & Chips   
 Cheese & Broccoli Quiche with Chips   
 Jacket Potato with Salmon Mayonnaise  
 Peas & Baked Beans  
 Fresh Fruit Salad

KEY



Vegetarian



Plant Based  
Vegan Friendly



Organic



MSC Fish



Free Range

DID YOU KNOW?



All our Flour, Milk & Pasta is Organic. We also serve individual Yeo Valley Yoghurt pots daily.

# 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:

### 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