



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

WEEK 1


MONDAY

(Il Pollo) Creamy Chicken Pasta in a White Sauce  
 Mozzarella & Tomato Puff Squares with Boiled Potatoes   
 Cheese Sandwich  
 Jacket Potato with Cheese Baked Beans or Tuna  
 Daily Salad Bar & Fresh Bread  
 Sweetcorn & Broccoli  
 Peaches with Ice Cream and Fruit Melba Sauce


TUESDAY

Hotpot with Garlic Bread  
 Roasted Vegetable Calzone   
 Tuna Mayonnaise Roll  
 Cheese & Tomato Pasta Bake  
 Jacket Potato with Cheese Baked Beans or Tuna  
 Daily Salad Bar & Fresh Bread  
 Peas & Cauliflower  
 Oaty Apple & Berry Crumble with Custard



WEDNESDAY

Roast Chicken Breast with Roast Potatoes & Gravy  
 Roasted Vegetarian Strips with Roast Potatoes & Gravy   
 Cheese Roll  
 Jacket Potato with Cheese, Baked Beans or Tuna  
 Daily Salad Bar & Fresh Bread  
 Carrots & Green Beans  
 Yoghurt Bar

THURSDAY

Meat Feast Pizza  
 Margherita Pizza   
 Chickpea & Mixed Vegetable Spicy Rice  
 Egg Mayonnaise Sandwich  
 Jacket Potato with Cheese Baked Beans or Tuna  
 Daily Salad Bar & Fresh Bread  
 Roasted Mediterranean Vegetables & Sweetcorn  
 Orange Jelly with Fruit


FRIDAY

Fish Fingers & Chips   
 Spicy Bean Burger in a Bun with Chips   
 Tuna Mayonnaise Sandwich  
 Jacket Potato with Cheese, Baked Beans or Tuna  
 Daily Salad Bar & Fresh Bread  
 Peas & Baked Beans  
 Fresh Fruit Salad



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

WEEK 2

MONDAY

Chicken Stir Fry & Noodles  
 Macaroni Cheese   
 Tuna Mayonnaise Wrap  
 Jacket Potato with Cheese, Baked Beans or Tuna  
 Daily Salad Bar & Fresh Bread  
 Carrots & Vegetable Medley  
 Lemon Cheesecake Yoghurt

TUESDAY

Meat Curry & Rice  
 Vegetable Lasagne   
 Cheese Roll  
 Chickpea & Mixed Vegetable Balti with Rice   
 Jacket Potato with Cheese, Baked Beans or Tuna  
 Daily Salad Bar & Fresh Bread  
 Green Beans & Cauliflower  
 Pear & Mixed Berry Pie with Custard



WEDNESDAY

Roast Turkey with Roast Potatoes & Gravy  
 Roast Vegetarian Strips with Roast Potatoes & Gravy   
 Tuna Mayonnaise Sandwich  
 Jacket Potato with Cheese, Baked Beans or Tuna  
 Daily Salad Bar & Fresh Bread  
 Carrots & Green Cabbage  
 Yoghurt Bar

THURSDAY

Meat Feast Pizza  
 Margherita Pizza   
 Egg Mayonnaise Roll  
 'Chicken' Style Piri Piri Strips Wrap  
 Jacket Potato with Cheese, Baked Beans or Tuna  
 Daily Salad Bar & Fresh Bread  
 Sweetcorn & Broccoli  
 Lemon Shortbread with Fruit


FRIDAY

Battered Pollock & Chips with a Homemade Tartar Sauce   
 Quorn Frankfurter Hotdog with Chips   
 Cheese Sandwich  
 Jacket Potato with Cheese, Baked Beans or Tuna  
 Daily Salad Bar & Fresh Bread  
 Peas & Baked Beans  
 Frozen Toffee Yoghurt


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

WEEK 3

MONDAY

Spagetti Bolognese  
 Vegetarian Bolognese   
 Cheese Sandwich  
 Jacket Potato with Cheese, Baked Beans or Tuna  
 Daily Salad Bar & Fresh Bread  
 Carrots & Green Beans  
 Peach Fool


TUESDAY

Chicken Sausage with Mashed Potato & Gravy  
 Quorn Sausage with Mashed Potato & Gravy   
 Tuna Mayonnaise Wrap  
 Vegetable Curry with Rice  
 Jacket Potato with Cheese, Baked Beans or Tuna  
 Daily Salad Bar & Fresh Bread  
 Green Cabbage & Cauliflower  
 Apple & Banana Cake with Custard



WEDNESDAY

Roast Garlic & Lemon Chicken with Roast Potatoes & Gravy  
 Roast Quorn with Roast Potatoes & Gravy   
 Cheese Roll  
 Jacket Potato with Cheese, Baked Beans or Tuna  
 Daily Salad Bar & Fresh Bread  
 Carrots & Broccoli  
 Yoghurt Bar

THURSDAY

Meat Feast Pizza  
 Margherita Pizza   
 Tuna Mayonnaise Sandwich  
 Vegetable Hotpot  
 Jacket Potato with Cheese, Baked Beans or Tuna  
 Daily Salad Bar & Fresh Bread  
 Sweetcorn & Roasted Mediterranean Vegetables  
 Strawberry Jelly & Ice Cream

FRIDAY

Fish Fingers & Chips   
 Cheese & Broccoli Quiche with Chips   
 Cheese Sandwich  
 Jacket Potato with Salmon Mayonnaise  
 Daily Salad Bar & Fresh Bread  
 Peas & Baked Beans  
 Fresh Fruit Salad

KEY



Vegetarian



Plant Based Vegan Friendly



Halal Option Available



MSC Fish

# 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

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