

WEEK COMMENCING: 18TH APRIL, 9TH MAY, 6TH & 27TH JUNE, 18TH JULY, 29TH AUGUST, 19TH SEPTEMBER, 10TH OCTOBER

WEEK 1

MONDAY

Goan Vegetable Curry with Rice 🌱

Macaroni Cheese 🌱

Fresh Broccoli & Sweetcorn 🌱

Peach & Fruit Melba with Ice Cream 🌱

TUESDAY

Vegetarian Sausage with Mashed Potato & Gravy 🌱

Lemon & Garlic Chicken Thigh 🍷 with Mashed Potatoes & Gravy

Peas & Fresh Cauliflower 🌱

Strawberry Jelly with Watermelon Wedges 🌱

WEDNESDAY

Vegetable Chow Mein 🌱

Lamb & Onion Pie 🍷 topped with Puff Pastry with New Potatoes & Gravy

Green Beans & Butternut Squash 🌱

Lemon Drizzle Cake 🌱

THURSDAY

Cheese & Tomato Pinwheel with Roast Potatoes & Gravy 🌱

Roast Chicken 🍷 with Roast Potatoes & Gravy

Carrots & Savoy Cabbage 🌱

Chocolate Sponge with Chocolate Sauce 🌱

FRIDAY

Jacket Potato with Salmon or Tuna Mayo 🌱

Margherita Pizza with Chunky Chips 🌱

Baked Beans & Sweetcorn 🌱

Fresh Fruit with Fruit Yoghurt 🌱

WEEK COMMENCING: 25TH APRIL, 16TH MAY, 13TH JUNE, 4TH JULY, 5TH & 26TH SEPTEMBER, 17TH OCTOBER

WEEK 2

MONDAY

Cheese & Tomato Pasta 🌱

Rajma Masala with Rice 🌱

Cauliflower & Green Beans 🌱

Fruit Ice Lolly 🌱

TUESDAY

Cheese & Onion Flan with New Potatoes 🌱

Chicken Korma with Rice 🍷

Carrots & Peas 🌱

Peach & Cherry Cobbler with Custard 🌱

WEDNESDAY

Vegetable Biryani 🌱

Lamb Meatballs 🍷 with Spaghetti in a Tomato Sauce

Fresh Broccoli & Butternut Squash 🌱

Vanilla Sponge with Apple Compote 🌱

THURSDAY

Shepherdess Pie with Gravy 🌱

Peri Peri chicken with Lemon Rice 🍷

Sweetcorn & Carrots 🌱

Oat & Raisin Cookie with Orange Wedges 🌱

FRIDAY

Vegetable Lasagne with Focaccia bread 🌱

Fish Fingers with Chunky Chips 🌱

Baked Beans & Peas 🌱

Toffee Frozen Yoghurt 🌱

WEEK COMMENCING: 2ND & 23RD MAY, 20TH JUNE, 11TH JULY, 12TH SEPTEMBER, 3RD OCTOBER

WEEK 3

MONDAY

Jacket Potato with Cheese 🌱  
Baked Beans 🌱 Tuna Mayo 🌱

Sweetcorn Pizza with Potato Wedges 🌱

Peas & Roasted Butternut Squash 🌱

Chocolate & Vanilla Mousse 🌱

TUESDAY

Honey & Vegetable Strips with Noodles 🌱

Chicken Tikka Masala 🍷 with Rice & Naan Bread

Fresh Cauliflower & Green Beans 🌱

Eves Pudding 🌱

WEDNESDAY

Spinach & Lentil Dahl with Rice 🌱

Lamb Lasagne 🍷 with Garlic Bread

Broccoli & Sweetcorn 🌱

Fresh Fruit Salad 🌱

THURSDAY

Roasted Vegetable & Lentil Loaf with Roast Potatoes & Gravy 🌱

Roast Chicken 🍷 with Roast Potatoes & Gravy

Carrots & Savoy Cabbage 🌱

Fruity Flapjack 🌱

FRIDAY

Cauliflower & Broccoli Bake with Chunky Chips 🌱

Breaded Fish with Chunky Chips 🌱

Baked Beans and Peas 🌱

Oaty Apple Crumble with Custard 🌱

KEY



Vegetarian



Plant Based  
Vegan Friendly



Halal Option  
Available



Sustainably  
Caught Fish

DID  
YOU  
KNOW?



All our Milk  
& Bread is  
Organic



All our Meat  
is UK Farm  
Assured

COMING SOON



Look out for our new app, designed to make ordering and paying for meals even easier!

Click here for meal ordering and payment information

# BETTER FOR YOU, BETTER FOR THE PLANET

## Welcome to our healthiest menu yet!

We've been working hard to improve our recipes so that they're still delicious but also better for you and the planet! One way we've done this is by adding more plant based proteins such as red lentils and cannellini beans and that's meant...



WE'VE REDUCED SATURATED FAT BY **8%** PER PORTION



WE'VE ADDED LENTILS & BEANS WHICH CONTRIBUTE TOWARDS PUPILS' **5-A-DAY**



WE'VE INCREASED FIBRE BY ABOUT **60%** PER PORTION

Our nutritionists talk about the benefits of the new recipes!



We've reduced our CO<sub>2</sub> emissions by an average of **420g per meal** with these new recipes!

That's the equivalent of driving a medium sized petrol car for almost a mile.

### WHY NOT TRY ONE OF OUR RECIPES AT HOME?

Spaghetti Bolognese is a family favourite, our take on this classic will prove just as popular but is better for you & the planet!



### CONTACT US:

✉ Payments and Meal Ordering

✉ Nutrition Guidance

### FOLLOW US:

🐦 @ISS\_Education

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.



OVER 80% OF OUR DISHES ARE FRESHLY PREPARED EACH DAY

ALL OF THE EGGS WE USE ARE FREE RANGE & RSPCA ASSURED



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.

## 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



CLICK HERE TO VISIT OUR WEBSITE