

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

WEEK 1

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Goan Vegetable Curry with Rice 

Vegetarian Sausage with Mashed Potato & Gravy 

Vegetable Chow Mein 

Cheese & Tomato Pinwheel with Roast Potatoes & Gravy 

Jacket Potato with Salmon or Tuna Mayo 

Macaroni Cheese 

Lemon & Garlic Chicken Thigh   
with Mashed Potatoes & Gravy

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

Roast Chicken   
with Roast Potatoes & Gravy

Margherita Pizza with Chunky Chips 

Fresh Broccoli & Sweetcorn 

Peas & Fresh Cauliflower 

Green Beans & Butternut Squash 

Carrots & Savoy Cabbage 

Baked Beans & Sweetcorn 

Fresh Fruit or Yoghurt 

Fresh Fruit or Yogurt 

Fresh Fruit or Yoghurt 

Fresh Fruit or Yoghurt 

Chocolate Sponge with Chocolate Sauce 

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

WEEK 2

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Cheese & Tomato Pasta 

Cheese & Onion Flan with New Potatoes 


Vegetable Biryani 

Shepherdess Pie with Gravy 

Vegetable Lasagne with Focaccia bread 

Rajma Masala with Rice 


Chicken Korma with Rice 

Lamb Meatballs   
with Spaghetti in a Tomato Sauce

Peri Peri Chicken with Lemon Rice 


Fish Fingers with Chunky Chips 

Cauliflower & Green Beans 

Carrots & Peas 

Fresh Broccoli & Butternut Squash 

Sweetcorn & Carrots 

Baked Beans & Peas 

Fresh Fruit or Yoghurt 

Fresh Fruit or Yoghurt 

Fresh Fruit or Yoghurt 

Fresh Fruit or Yoghurt 

Toffee Frozen Yoghurt 

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

WEEK 3



MONDAY


TUESDAY

WEDNESDAY


THURSDAY

FRIDAY


Jacket Potato with Cheese   
Baked Beans  Tuna Mayo 

Honey & Vegetable Strips with Noodles 

Spinach & Lentil Dahl with Rice 

Roasted Vegetable & Lentil Loaf with Roast Potatoes & Gravy 

Cauliflower & Broccoli Bake with Chunky Chips 

Sweetcorn Pizza with Potato Wedges 


Chicken Tikka Masala   
with Rice & Naan Bread


Lamb Lasagne   
with Garlic Bread


Roast Chicken   
with Roast Potatoes & Gravy


Breaded Fish with Chunky Chips 


Peas & Roasted Butternut Squash 


Fresh Cauliflower & Green Beans 


Broccoli & Sweetcorn 


Carrots & Savoy Cabbage 

Baked Beans and Peas 

Fresh Fruit or Yoghurt 

Fresh Fruit or Yoghurt 

Fresh Fruit or Yoghurt 

Fresh Fruit or Yoghurt 

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