		WEEK COMMENCING	: 3RD JANUARY, 24TH JANUA	ARY, 7TH & 28TH MARCH		
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	KEY
WEEK 1	Butternut, Chickpea & Vegetable Curry with Wholegrain Rice	Quorn Frankfurters Hot Dog with Crushed New Potatoes & Spring Onion	Macaroni Cheese 💙	Quorn Bolognese Pizza 🔻 with Potato Wedges	Red Lentil & Vegetable 🏾 Sausage Roll	V
	Kheema Beef Curry with Rice	Chicken Sausage Hotdog with Crushed New Potatoes & Spring Onion	Garlic & Lemon Chicken Thigh with Roast Potatoes & Gravy	Margherita Pizza with Potato Wedges	Fish Fingers with Chips 🔝	Vegetarian
	Jacket Potato with Cheese 🛂 Baked Beans ᡐ or Tuna Mayo 🛁	Baguette with Tuna Mayo 📩, Cheese ¥ or Egg Mayo ¥	Jacket Potato with Cheese 🋂 Baked Beans 🍄 or Tuna Mayo 🔜	Baguette with Tuna Mayo 📩, Cheese 💙 or Egg Mayo 💙	Jacket Potato with Cheese ¥, Baked Beans ᡐ or Tuna Mayo 🔜	
	Curried Roast Cauliflower ᡐ & Carrots	Roasted Mediterranean 🍄 Vegetables & Garden Peas	Green Cabbage & Carrots 🕏	Coleslaw & Sweetcorn 👁	Baked Beans & Garden Peas 🕈	Plant Based Vegan Friendly
	Chocolate Shortbread 🂙	Rice Pudding 💙	Peaches & Fruit Melba Sauce 🔻 with Ice cream	Fruit Salad & Natural Yoghurt 💙 or Cheese & Biscuits	Strawberry Jelly & Ice Cream 💌	_ proudly supporting
	WEEK COMMENCING:10TH & 31ST JANUARY, 21ST FEBRUARY, 14TH MARCH & 4TH APRIL					marine conservation society
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Sustainably Caught Fish
WEEK 2	Quorn Chilli Con Carne	Shepherdess Pie 🖲	Vegetable & Sweet Potato Bake 🦻	Red Onion & Sweetcorn Pizza 😵 with Cajun Potatoes	Spicy Bean Burger in a Bun 🕏	
	Beef Chilli Con Carne	Chicken & Apple Sausage Roll	Roast Turkey with Roast Potatoes & Gravy	Margherita Pizza with Cajun Potatoes	Battered Pollock with Chips 🔜	
	Jacket Potato with Cheese 🕅, Baked Beans 👽 or Tuna Mayo 🛋	Baguette with Tuna Mayo 🛁, Cheese 🕅 or Egg Mayo 🕅	Jacket Potato with Cheese 🔊, Baked Beans 👽 or Tuna Mayo 🛋	Baguette with Tuna Mayo 🛋, Cheese 🖤 or Egg Mayo 🔍	Jacket Potato with Cheese 🔍, Baked Beans 👽 or Tuna Mayo 🔤	
	Garden Peas & Baked Tomatoes 🛇	Broccoli & Sweetcorn 👁	Carrots & Green Beans 🕈	Apple Slaw & Sweetcorn 👽	Baked Beans & Garden Peas 🔮	DID
	Oat Dream Cookie 🔋	Chocolate Cracknell 🖲	Berry Muffin 🔋	Fruit Salad & Natural Yoghurt 🌚 or Cheese & Biscuits	Orange Jelly & Mandarins 🖲	YOU KNOW?
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WEEK 3	MONDAY	TUESDAY	17TH JANUARY, 7TH & 28TH WEDNESDAY	THURSDAY	FRIDAY	OR
	Vegetable & Lentil Bolognese 📀	Tarka Dahl with Rice 👳	Jollof Rice 🗢	Roast Vegetable Calzone	Vegetable Lasagne	All our Milk, Beef Mince, Yoghurts
	Beef Penne Pasta Bolognese	Jerk Chicken Burrito	Garlic & Lemon Chicken Thigh with Roast Potatoes & Gravy	Margherita Pizza 📎	Fish Fingers with Chips	& Bread is Organic
	Jacket Potato with Cheese 🕅, Baked Beans 🖓 or Tuna Mayo 🔤	Baguette with Tuna Mayo 🔜, Cheese 🖲 or Egg Mayo 🕲	Jacket Potato with Cheese 🕅, Baked Beans 🖓 or Tuna Mayo 🛁	Baguette with Tuna Mayo 🛁, Cheese 📽 or Egg Mayo 🕲	Jacket Potato with Cheese 🔍, Baked Beans 🍄 or Salmon Mayo 🔜	Farm Assured
	Roasted Mediterranean 📀 Vegetables & Garden Peas	Carrots & Cauliflower 👳	Broccoli & Parsnips 🔮	Coleslaw & Sweetcorn 👳	Baked Beans & Garden Peas 📎	All our Meat is UK Farm
	Frozen Toffee Yoghurt 🔍	Carrot Cake 📀	Apple Crumble with Custard 🕅	Fruit Salad & Natural Yoghurt 🕅 or Cheese & Biscuits	Strawberry or Peach Yoghurt 🔍	Assured
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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!

WE HAVE INCREASED

THE NUMBER OF PLANT

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?

WE DON'T ADD ANY SALT TO

OUR RECIPES...



Charlotte Quick, Company Nutritionist, explains a little about how we build our menus

THERE ARE NOW EVEN MORE **VEGGIES ON OUR MENUS**

..AND ABSOLUTELY FREE

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!



CONTACT US:

Payments and Meal Ordering **Nutrition Guidance** \square **General Enquiries FOLLOW US: @ISS** Education



CLICK HERE TO VISIT OUR WEBSITE



Click on the video to hear from lane and Duncan, two of our awesome chefs, as they prepare one of our delicious recipes!



Terrific Value **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



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

