



**WEEK COMMENCING: 3RD JANUARY, 24TH JANUARY, 7TH & 28TH MARCH**

**WEEK 1**

**MONDAY**

Butternut, Chickpea & Vegetable Curry with Wholegrain Rice 

Kheema Beef Curry with Rice

Jacket Potato with Cheese  or Tuna Mayo 


Curried Roast Cauliflower & Carrots 

Lemon Shortbread 

**TUESDAY**

Quorn Frankfurters Hot Dog with Crushed New Potatoes & Spring Onion 

Chicken Sausage Hotdog with Crushed New Potatoes & Spring Onion

White or Brown Baguette with Tuna Mayo , Egg Mayo  or Cheese 



Roasted Mediterranean Vegetables & Garden Peas 

Rice Pudding 


**WEDNESDAY**

Macaroni Cheese 

Garlic & Lemon Chicken Thigh with Roast Potatoes & Gravy


Jacket Potato with Cheese  or Tuna Mayo 




Green Cabbage & Carrots 

Peaches & Fruit Melba Sauce with Ice cream 


**THURSDAY**

Jollof Rice 

Margherita Pizza with Potato Wedges 

White or Brown Baguette with Tuna Mayo , Egg Mayo  or Cheese 



Coleslaw & Sweetcorn 

Fruit Salad & Natural Yoghurt or Cheese & Biscuits 

**FRIDAY**

Red Lentil & Vegetable Sausage Roll 

Fish Fingers with Chips 

Jacket Potato with Cheese  or Tuna Mayo 

Baked Beans & Garden Peas 

Strawberry Jelly & Ice Cream 



**WEEK COMMENCING: 10TH & 31ST JANUARY, 21ST FEBRUARY, 14TH MARCH & 4TH APRIL**


**WEEK 2**


**MONDAY**

Quorn Chilli Con Carne 

Beef Chilli Con Carne

Jacket Potato with Cheese  or Tuna Mayo 

Garden Peas & Baked Tomatoes 

Oat Dream Cookie 

**TUESDAY**

Shepherdess Pie 

Chicken & Leek Pie

White or Brown Baguette with Tuna Mayo , Egg Mayo  or Cheese 



Broccoli & Sweetcorn 

Vanilla Sponge & Custard 

**WEDNESDAY**

Vegetable & Sweet Potato Bake 

Roast Beef with Yorkshire Pudding, Roast Potatoes & Gravy

Jacket Potato with Cheese  or Tuna Mayo 

Carrots & Green Beans 

Berry Muffin 


**THURSDAY**

Red Onion & Sweetcorn Pizza with Cajun Potatoes 

Jollof Rice 

White or Brown Baguette with Tuna Mayo , Egg Mayo  or Cheese 



Apple Slaw & Sweetcorn 

Fruit Salad & Natural Yoghurt or Cheese & Biscuits 

**FRIDAY**

Spicy Bean Burger in a Bun 

Battered Pollock with Chips 

Jacket Potato with Cheese  or Tuna Mayo 


Baked Beans & Garden Peas 

Orange Jelly & Mandarins 



**WEEK COMMENCING: 17TH JANUARY, 7TH & 28TH FEBRUARY & 21ST MARCH**

**WEEK 3**

**MONDAY**

Vegetable & Lentil Bolognese 


Beef Penne Pasta Bolognese

Jacket Potato with Cheese  or Tuna Mayo 

Roasted Mediterranean Vegetables & Garden Peas 

Frozen Toffee Yoghurt 

**TUESDAY**

Tarka Dahl with Rice 

Jerk Chicken Burrito

White or Brown Baguette with Tuna Mayo , Egg Mayo  or Cheese 



Carrots & Cauliflower 

Carrot Cake 

**WEDNESDAY**

Jollof Rice 


Garlic & Lemon Chicken Thigh with Roast Potatoes & Gravy

Jacket Potato with Cheese  or Tuna Mayo 




Broccoli & Parsnips 

Apple Crumble with Custard 


**THURSDAY**

Roast Vegetable Calzone 


Margherita Pizza 


White or Brown Baguette with Tuna Mayo , Egg Mayo  or Cheese 

Coleslaw & Sweetcorn 

Fruit Salad & Natural Yoghurt or Cheese & Biscuits 

**FRIDAY**

Vegetable Lasagne 

Fish Fingers with Chips 

Jacket Potato with Cheese  or Salmon Mayo 

Baked Beans & Garden Peas 

Strawberry or Peach Yoghurt 

**KEY**



**Vegetarian**



**Plant Based  
Vegan Friendly**



**Sustainably  
Caught Fish**

**DID YOU  
KNOW?**



All our Milk, Beef Mince, Yoghurts & Bread is Organic



All our Meat is UK Farm Assured

# 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!

#### 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?



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

WE HAVE INCREASED THE NUMBER OF PLANT BASED DISHES ON OUR MENUS BY 20%



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 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!



Click here for meal ordering and payment information

## 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.



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

OVER 80% OF OUR DISHES ARE FRESHLY PREPARED EACH DAY

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

Our experienced cooks are passionate about feeding hungry minds and supporting pupil wellbeing through engaging dining experiences.

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



## 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

### CONTACT US:



Payments and Meal Ordering



Nutrition Guidance



General Enquiries

### FOLLOW US:



@ISS\_Education



Feeding Hungry Minds



CLICK HERE TO VISIT OUR WEBSITE