

WEEK 1

WEEK COMMENCING: 18TH APRIL, 9TH MAY, 20TH JUNE, 11TH JULY, 12TH SEPTEMBER, 3RD OCTOBER

MONDAY

Chickpea & Vegetable Tagine with Couscous

Peri Peri Chicken with Potato Wedges & Coleslaw

Sweetcorn & Green Cabbage

Vanilla Sponge with Apple Compote

Fruit Platter or Cheese & Crackers

TUESDAY

Vegetable & Lentil Bolognese Sauce with Penne Pasta

Beef Lasagne with Garlic Bread

Green Beans & Cauliflower

Berry Jelly

Fruit Platter or Cheese & Crackers

WEDNESDAY

Margherita Pizza with Paprika Wedges

Mixed Vegetable Biryani with Rice

Sweetcorn & Peas

Peach Crumble with Crumble

Fresh Fruit Salad or Yoghurt

THURSDAY

Mozzarella & Tomato Puff Squares with Roast Potatoes

Roast Gammon with Roast Potatoes

Jacket Potato with Beans or Cheese or Coleslaw

Carrots & Broccoli

Chocolate Cracknell

Fresh Fruit or Yoghurt

FRIDAY

Grilled Quorn Burger with Ketchup & Chips

Fish Fingers with Ketchup & Chips

Jacket Potato with Salmon Mayonnaise or Cheese or Beans

Peas & Baked Beans

Pancake with Berry Coulis

Fruit Salad or Yoghurt

WEEK 2

WEEK COMMENCING: 25TH APRIL, 16TH MAY, 6TH JUNE, 27TH JUNE, 18TH JULY, 19TH SEPTEMBER, 10TH OCTOBER

MONDAY

Macaroni Cheese

Italian Beef Sub

Jacket Potato with Beans or Cheese or Coleslaw

Roasted Mediterranean Vegetables & Carrots

Oaty Apple & Berry Crumble with Custard

Fruit Platter or Cheese & Crackers

TUESDAY

Vegetable Chilli Con Carne with Rice

Chicken Curry with Rice

Jacket Potato with Beans or Cheese or Coleslaw

Sweetcorn & Broccoli

Oat Dream Cookie

Fruit Platter or Cheese & Crackers

WEDNESDAY

Red Onion & Sweetcorn Pizza with Jacket Wedges

Chickpea & Mixed Vegetable Spicy Rice

Vegetable Medley

Fruity flapjack

Fresh Fruit Salad or Yoghurt

THURSDAY

Veggie Strips with Roast Potatoes & Gravy

Roast Chicken Breast with Roast Potatoes

Cauliflower & Green Beans

Frozen Toffee yoghurt

Fresh Fruit or Yoghurt

FRIDAY

Quornish Pasty with Chips

Fish Fingers with Ketchup & Chips

Jacket Potato with Beans or Cheese or Coleslaw

Peas & Baked Beans

Pear & Vanilla Sponge with Custard

Fruit Salad or Yoghurt

WEEK 3

WEEK COMMENCING: 2ND MAY, 23RD MAY, 13TH JUNE, 4TH JULY, 5TH SEPTEMBER, 26TH SEPTEMBER, 17TH OCTOBER

MONDAY

Quorn Sausages in a Bun with Potato Wedges

Chicken & Vegetable Stir Fry with Rice

Jacket Potato with Beans or Cheese or Coleslaw

Mixed Peas, Sweetcorn & Carrots

Apple and Banana Sponge with Custard

Fruit Platter or Cheese & Crackers

TUESDAY

Cheese & Tomato Penne Pasta

Beef Bolognese Sauce with Penne Pasta

Jacket Potato with Beans or Cheese or Coleslaw

Broccoli & Sweetcorn

Shortbread

Fruit Platter or Cheese & Crackers

WEDNESDAY

Vegetable Chow Mein

Margherita Pizza with Potato Wedges

Peas & Cauliflower

Marble sponge

Fresh Fruit Salad or Yoghurt

THURSDAY

Roast Vegetable & Lentil Loaf

Roast Chicken with Roast Potatoes

Jacket Potato with Beans or Cheese or Coleslaw

Spinach & Carrots

Mandarins & Jelly

Fresh Fruit or Yoghurt

FRIDAY

Spicy Bean Burger with Chips

Fish Fingers with Ketchup & Chips

Peas & Baked Beans

Strawberry Frozen Yoghurt

Fruit Salad or Yoghurt

KEY



Vegetarian



Plant Based Vegan Friendly



Sustainably Caught Fish

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 CO₂ 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