


WEEK COMMENCING: 2nd November, 23rd November, 14th December, 4th January, 25th January, 8th March, 29th March

WEEK 1


MONDAY

Shepherdess Pie with Jacket Wedges 
 Margherita Pizza with Jacket Wedges 
 Peas & Cauliflower
 Fruit Salad
 or Fruit or Yoghurt


TUESDAY

Beef Pasta Bolognese
 Cheese & Tomato Puff Squares with Crushed Potatoes 
 Jacket Potato with Baked Beans & Cheese 
 Sweetcorn & Broccoli
 Fruit Salad
 or Fruit or Cheese & Crackers




WEDNESDAY

Garlic & Lemon Chicken with Roast Potatoes
 Cheese & Tomato Penne Pasta 
 Carrots & Green Cabbage
 Fruit Salad
 or Fruit or Yoghurt

THURSDAY

Chicken Sausage, Mashed Potato & Gravy
 Three Bean Casserole with Mashed Potato 
 Jacket Potato with Cheese 
 Green Beans & Sweetcorn
 Fruit Salad
 or Fruit or Cheese & Crackers

FRIDAY

Breaded Fish Fillets or Fish Fingers with Chips 
 Tarka Dhal with Rice 
 Jacket Potato with Baked Beans 
 Peas & Baked Beans
 Pancakes with Fruit Compote or Fruit or Yoghurt

KEY



Vegetarian



Plant Based
Vegan Friendly





MSC Fish


WEEK COMMENCING: 9th November, 30th November, 21st December, 11th January, 1st February, 22nd February, 15th March

WEEK 2

MONDAY

Cheese & Onion Flan with Crushed Potatoes 
 Vegetable & Lentil Pasta Bolognese 
 Green Beans & Sweetcorn
 Fruit Salad
 or Fruit or Yoghurt


TUESDAY

Chicken Curry with Rice
 Chickpea & Mixed Vegetable Balti with Rice 
 Jacket Potato with Cheese 
 Peas & Cauliflower
 Fruit Salad
 or Fruit or Cheese & Crackers




WEDNESDAY

Roast Chicken with Roast Potatoes & Gravy
 Quorn Sausage, Roast Potatoes & Gravy 
 Jacket Potato with Salmon Mayonnaise
 Carrots & Broccoli
 Fruit Salad
 or Fruit or Yoghurt

THURSDAY

Beef Cottage Pie
 Margherita Pizza with Potato Wedges 
 Vegetable Medley
 Fruit Salad
 or Fruit or Cheese & Crackers

FRIDAY

Battered Fish or Fish Fingers with Chips 
 Cheese & Tomato Pinwheel 
 Jacket Potato with Baked Beans 
 Peas & Baked Beans
 Frozen Toffee Yoghurt
 or Fruit or Yoghurt

WEEK COMMENCING: 16th November, 7th December, 18th January, 8th February, 1st March, 22nd March

WEEK 3

MONDAY

Macaroni Cheese 
 Butterbean & Vegetable Tagine with Couscous 
 Carrots & Cauliflower
 Fruit Salad
 or Fruit or Yoghurt

TUESDAY

Sweet & Sour Chicken with Rice
 Vegetable Chilli with Rice 
 Jacket Potato with Cheese 
 Sweetcorn & White Cabbage
 Fruit Salad
 or Fruit or Cheese & Crackers



WEDNESDAY

Roast Turkey with Roast Potato & Gravy
 Vegetarian Strips with Roast Potatoes & Gravy 
 Carrots & Broccoli
 Fruit Salad
 or Fruit or Yoghurt

THURSDAY

Beef Burger in a Bun with Jacket Wedges
 Quorn Burger in a Bun with Jacket Wedges 
 Jacket Potato with Coleslaw 
 Green Beans & Sweetcorn
 Fruit Salad
 or Fruit or Cheese & Crackers

FRIDAY

Breaded Fish Fillets or Fish Fingers with Chips 
 Cheese & Leek Pasty with Chips 
 Jacket Potato with Baked Beans 
 Peas & Baked Beans
 Eve's Pudding with Custard
 or Fruit or Yoghurt

HOT MEALS ARE BACK!

INTRODUCING YOUR NEW MENU

THANK YOU

This academic year has been like no other, which is why school lunches might have been a bit different recently. We'd like to say a big thank you for your support whilst we've been establishing the best approach for your school.

Where we've temporarily introduced packed lunches, we've been working hard behind the scenes to safely reintroduce hot meals.

We're now pleased to share the new menu with you, along with some of the great benefits school lunches can offer children and families!

WELL FOR WINTER

Eating well helps to build and maintain healthy immune systems, which is why we think it's so important children can enjoy healthy, warming lunches at school, wherever possible.

We know it's a difficult time for most right now so want to highlight five ways school meals have the power to support you and your child this winter.



Feeding Hungry Minds

CLICK HERE TO VISIT OUR WEBSITE

YOUR SCHOOL LUNCHES ARE:

Click here for Meal Ordering and Payment information

1 SUPER SAFE



From implementing Covid-19 safety measures, to carefully catering for a range of special dietary needs, the safety of our people and diners is always our top priority. Our health and safety experts make sure our catering teams have everything they need to run a safe service each day and support them with risk assessments and regular service reviews.



Check out our 'back to school' guide for parents and carers to hear from our management and nutrition specialists.

2 MADE FROM GREAT INGREDIENTS, BY AWESOME PEOPLE



Over 85% of our dishes are freshly prepared each day



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.

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



3 EVEN HEALTHIER – AND STILL DELICIOUS!

ON AVERAGE, WE'VE REDUCED THE SUGAR IN OUR MENUS BY 30%



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 and are proud Peas Please pledgers. Find out more here!



WE'VE INTRODUCED MORE PLANT-BASED OPTIONS

So children have more choice when it comes to enjoying meat-free meals which can provide more fibre & less saturated fat!



4 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 – 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.



CLICK HERE TO FIND OUT HOW MUCH YOU CAN SAVE

5 TOP TIME SAVERS



Leave the challenge of creating exciting lunches every day to us – save time on shopping and chopping!

CONTACT US:

Payments and Meal Ordering

Nutrition Guidance

General Enquiries

FOLLOW US:

@ISS_Education

@ISSFoodServices