


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 

Jacket Potato with Baked Beans, Cheese or Coleslaw 


Peas & Cauliflower

Yoghurt

TUESDAY

Lamb Pasta Bolognese 

Cheese & Tomato Puff Squares with Crushed Potatoes 


Jacket Potato with Baked Beans, Cheese or Coleslaw 


Sweetcorn & Broccoli

Oat & Raisin Cookie

WEDNESDAY

Garlic & Lemon Chicken with Roast Potatoes 

Cheese & Tomato Penne Pasta 

Jacket Potato with Baked Beans, Cheese or Coleslaw 


Carrots & Green Cabbage

Apple & Banana Cake

THURSDAY

Chicken Sausage with Mashed Potato & Gravy 

Three Bean Casserole with Mashed Potato 


Jacket Potato with Baked Beans, Cheese or Coleslaw 


Green Beans & Sweetcorn

Lemon & Courgette Muffin

FRIDAY

Breaded Fish Fillets or Fish Fingers with Chips 

Tarka Dhal with Rice 

Jacket Potato with Baked Beans, Cheese or Coleslaw 

Peas & Baked Beans

Fruity Flapjack

KEY



Vegetarian



Plant Based Vegan Friendly



Halal Option Available





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 


Jacket Potato with Baked Beans, Cheese or Coleslaw 


Green Beans & Sweetcorn


Apple Crumble

or Fruit or Yoghurt

TUESDAY

Chicken Curry with Rice 

Chickpea & Mixed Vegetable Balti with Rice 

Jacket Potato with Baked Beans, Cheese or Coleslaw 


Peas & Cauliflower

Chocolate & Beetroot Brownie

or Fruit

WEDNESDAY

Roast Chicken with Roast Potatoes & Gravy 

Quorn Sausage with Roast Potatoes & Gravy 

Jacket Potato with Salmon Mayonnaise


Carrots & Broccoli


Orange Jelly & Mandarins

or Fruit

THURSDAY

Lamb Cottage Pie 

Margherita Pizza with Potato Wedges 


Jacket Potato with Baked Beans, Cheese or Coleslaw 


Vegetable Medley


Fruity Flapjack

or Fruit

FRIDAY

Battered Fish or Fish Fingers with Chips 

Cheese & Tomato Pinwheel 

Jacket Potato with Baked Beans, Cheese or Coleslaw 

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 

Jacket Potato with Baked Beans, Cheese or Coleslaw 

Carrots & Cauliflower


Yoghurt

or Fruit

TUESDAY

Sweet & Sour Chicken with Rice 

Vegetable Chilli with Rice 

Jacket Potato with Baked Beans, Cheese or Coleslaw 


Sweetcorn & White Cabbage


Cinnamon Biscuit

or Fruit

WEDNESDAY

Roast Turkey with Roast Potatoes & Gravy 

Vegetarian Strips with Roast Potatoes & Gravy 


Jacket Potato with Baked Beans, Cheese or Coleslaw 

Carrots & Broccoli


Fruity Flapjack

or Yoghurt

THURSDAY

Lamb Burger in a Bun with Jacket Wedges 

Quorn Burger in a Bun with Jacket Wedges 


Jacket Potato with Baked Beans, Cheese or Coleslaw 

Green Beans & Sweetcorn


Marble Sponge

or Fruit

FRIDAY

Breaded Fish Fillets or Fish Fingers with Chips 

Cheese & Leek Pasty with Chips 

Jacket Potato with Baked Beans, Cheese or Coleslaw 

Peas & Baked Beans

Eve's Pudding

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:



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