**KEY** 

Vegetarian

Plant Based Vegan Friendly

Halal Option Available

#### WEEK COMMENCING: 9th November, 30th November, 4th January, 25th January, 22nd February, 15th March

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Cheese & Onion Flan <b>v</b> with Crushed Potatoes	Chicken Curry 🕕 with Rice	Beef Cottage Pie 🕕	Battered Fish & Chips 💋	Sandwiches - Cheese, Tuna, Egg or
Vegetable & Lentil 😯 Pasta Bolognese	Chickpea & Mixed 👽 Vegetable Balti with Rice	Margherita Pizza <mark>v</mark> with Potato Wedges	Cheese & Tomato 🔻 Pinwheel	Cream Cheese & Cucumber
		Jacket Potato with Salmon Mayonnaise		
Green Beans & Sweetcorn	Peas & Cauliflower	Vegetable Medley	Peas & Baked Beans	Vegetable Sticks
Fruit Salad	Fruit Salad	Fruit Salad	Frozen Toffee Yoghurt	Lemon & Courgette Muffin & a Piece of Fruit
or Cheese Crackers	or Cheese & Crackers	or Cheese & Crackers	or Fruit or Cheese & Crackers	

#### WEEK COMMENCING: 16th November, 7th December, 11th January, 1st February, 1st March, 22nd March

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Macaroni Cheese 🔻	Sweet & Sour Chicken 🕕 with Rice	Beef Burger in a Bun 🕕 with Jacket Wedges	Fish Fingers & Chips 🏉	Sandwiches - Cheese, Tuna, Egg or Cream Cheese & Cucumber
Butterbean & Vegetable 😯 Tagine with Couscous	Vegetable Chilli <b>(v)</b> with Rice	Quorn Burger in a Bun <b>v</b> with Jacket Wedges	Cheese & Leek Pasty <b>v</b> with Chips	
Carrots & Cauliflower	Sweetcorn & White Cabbage	Green Beans & Sweetcorn	Peas & Baked Beans	Vegetable Sticks
Fruit Salad	Fruit Salad	Fruit Salad	Frozen Toffee Yoghurt	Marble Sponge
or Cheese & Crackers	or Cheese & Crackers	or Cheese & Crackers	or Fruit or Cheese & Crackers	& a Piece of Fruit

# 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.



#### YOUR SCHOOL LUNCHES ARE:







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.



# 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 meatfree meals which can provide more fibre & less saturated fat!



# 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.



# 4 TERRIFIC VALUE

...AND ABSOLUTELY FREE FOR MANY, INCLUDING EVERY CHILD IN KS1!



Leave the challenge of creating exciting lunches every day to us –

save time on shopping and chopping!

TOP TIME SAVERS



#### **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

#### CONTACT US:

Payments and Meal Ordering

**Nutrition Guidance** 



#### **FOLLOW US:**



@ISS\_Education



@ISSFoodServices