



About our food...



Our ingredients deliver a wide variety of menu ideas that are fresh, locally sourced and all aimed at making a difference.

We provide a wide range of tasty and affordable 'Food... To Go' choices including rice, noodle and pasta pots, which are designed around the latest food trends on the high street.

Our salads are fresh and tasty and our sandwiches are selected for their creative ingredients and wide variety of bread options, including baguettes, wraps and bagels.

We also offer a morning break service, which includes snacks such as yogurt pots, salad shakers, croissants and fruit pots.

Additionally, meal deals are available and change on a regular basis.

- 90% of our ingredients are freshly prepared on site each day!
- All our fish is sourced from well-managed and sustainable fisheries
- We ONLY use free range eggs
- We look to source British, local and seasonal produce wherever possible



FAQs

The following are a selection of our most frequently asked questions, but if you should have anything else you wish to ask, please feel free to contact us.

Is my family entitled to free school meals?

Your child could be entitled to a free school meal if you are in receipt of certain benefits. If you would like to apply for free school meals, please contact your school for more information.

Who decides what is on the menu?

Our Head Development Chef, Nutritionist and Catering Manager are all involved in creating our service. This ensures that everything we offer is nutritious, delicious and balanced. It also goes without saying that we take requests and suggestions from all of our students too!

Do ISS menus comply with government guidelines?

All of our menus comply with strict food and nutrient standards.

As a parent, how can I see your menus?

You can find downloadable copies of the menu on our website. Visit www.feedinghungryminds.co.uk - select secondary schools and search for your school!

Does anybody check and audit the food ISS serves?

Yes! All of our food service and standards are monitored regularly by our own management team and also by independent inspectors as part of our continuous development programme.

Can I have a say about the school meals that I pay for?

Of course – we carry out regular surveys and also attend parent evenings where we are delighted to chat with parents. We would love to see you at these events and will be more than happy to answer any questions you may have. You can also e-mail or phone us with any questions or suggestions.

Other Info

Menu Diversity

We work hard to ensure that all dietary needs are met, from both religious and cultural perspectives, to ensure break and lunch times are an enjoyable experience.

Special Diets and Allergies

If your child has a specific dietary need, for a medical or personal reason, we are happy to provide for them - the personal touch is what we do best!



Vegetarian Options

Our vegetarian dishes are nutritionally balanced and will include protein from pulses and grains as well as dairy produce.

Sustainability

We are increasingly committed to sourcing sustainable and local ingredients. You can find out more by visiting our website.



Dining Environment

Our contemporary high street style Food... dining rooms, offer not only a place to eat but also somewhere to relax, meet friends, socialise and unwind after a busy morning of study!



Secondary School Menu Autumn/Winter 2015/16

The ISS Education team are a passionate group of people who aspire to revolutionise the way children and young adults experience food. We exist to make school lunches more enjoyable, nutritious and fun and would love you to give us a try!

We have a proud history of working with schools to create a variety of tasty and satisfying meals. Our award winning lunches offer a wide range of both original dishes and traditional classics and are changed on a regular basis to keep the menus fresh and exciting.

Food quality is extremely important to us. We focus on using fresh ingredients, cooked with dedication and served with care. Our produce is locally grown where possible and we work closely with the suppliers who provide our ingredients to make sure they're ethically sourced, sustainable and most importantly - of the highest quality!

We are always delighted to hear from you with any questions or suggestions that you have. You can contact us in the following ways:

By Phone: 0845 057 6467
By E-mail: hello@feedinghungryminds.co.uk
... or visit us at www.feedinghungryminds.co.uk

Check out our website! www.feedinghungryminds.co.uk

week 1

7th Sept, 28th Sept, 19th Oct,
16th Nov, 7th Dec, 11th Jan, 1st Feb

Monday	
MAIN MEAL MEAT	Chicken Casserole with Sweetcorn Dumplings
MAIN MEAL VEGETARIAN	Macaroni Cheese Bake
VEGETABLES	Seasonal Vegetables
DESSERT OF THE DAY	Peach Melba
Tuesday	
MAIN MEAL MEAT	Meatballs in Tomato Sauce with Pasta
MAIN MEAL VEGETARIAN	Sweet Potato & Lentil Curry served with Rice
VEGETABLES	Seasonal Vegetables
DESSERT OF THE DAY	Butternut Cake & Custard
Wednesday	
MAIN MEAL MEAT	Roast Pork with Apple Sauce, Roast Potatoes & Gravy
MAIN MEAL VEGETARIAN	Tomato, Cheddar & Basil Quiche with Potato Wedges
VEGETABLES	Seasonal Vegetables
DESSERT OF THE DAY	Apple Flapjack
Thursday	
MAIN MEAL MEAT	Chicken Korma with Rice & Mini Naan
MAIN MEAL VEGETARIAN	Vegetarian Bolognese
VEGETABLES	Seasonal Vegetables
DESSERT OF THE DAY	Peaches & Rice Pudding
Friday	
MAIN MEAL MEAT	Classic Battered Fish served with Chips
MAIN MEAL VEGETARIAN	Red Onion Pizza served with Chips
VEGETABLES	Seasonal Vegetables
DESSERT OF THE DAY	Pineapple Upsidedown Cake

week 2

14th Sept, 5th Oct, 2nd Nov, 23rd Nov,
14th Dec, 18th Jan, 8th Feb

Monday	
MAIN MEAL MEAT	Beef Burger in a Bun with Potato Wedges
MAIN MEAL VEGETARIAN	Pasta with Ratatouille and Grated Cheese
VEGETABLES	Seasonal Vegetables
DESSERT OF THE DAY	Fruit Salad & Ice Cream
Tuesday	
MAIN MEAL MEAT	Sausages in Onion Gravy served with Fluffy Mashed Potatoes
MAIN MEAL VEGETARIAN	Quorn Sausages in an Onion Gravy with Fluffy Mashed Potatoes
VEGETABLES	Seasonal Vegetables
DESSERT OF THE DAY	Steamed Chocolate Sponge & Chocolate Sauce
Wednesday	
MAIN MEAL MEAT	Roast Chicken served with Roast Potatoes,
MAIN MEAL VEGETARIAN	Vegetable & Cheese Medley
VEGETABLES	Seasonal Vegetables
DESSERT OF THE DAY	Apple Pie & Custard
Thursday	
MAIN MEAL MEAT	Beef Lasagne
MAIN MEAL VEGETARIAN	Quorn Burrito
VEGETABLES	Seasonal Vegetables
DESSERT OF THE DAY	Strawberry Cheesecake
Friday	
MAIN MEAL MEAT	Classic Battered Fish served with Chips
MAIN MEAL VEGETARIAN	Margherita Pizza served with Chips
VEGETABLES	Seasonal Vegetables
DESSERT OF THE DAY	Chocolate & Beetroot Brownie

week 3

21st Sept, 12th Oct, 9th Nov, 30th Nov,
4th Jan, 25th Jan

Monday	
MAIN MEAL MEAT	Beef Bolognese
MAIN MEAL VEGETARIAN	Quorn & Vegetable Chilli with Tortilla & Salsa
VEGETABLES	Seasonal Vegetables
DESSERT OF THE DAY	Berry & Cream Cheese Muffin
Tuesday	
MAIN MEAL MEAT	Chicken Fajitas with Rice
MAIN MEAL VEGETARIAN	Roasted Vegetable Burrito
VEGETABLES	Seasonal Vegetables
DESSERT OF THE DAY	Fruit Fool with Shortbread
Wednesday	
MAIN MEAL MEAT	Roast Gammon, Roast Potatoes Yorkshire Pudding & Onion Gravy
MAIN MEAL VEGETARIAN	Cheesy Leek Potato Boats
VEGETABLES	Seasonal Vegetables
DESSERT OF THE DAY	Peach & Pear Crumble & Custard
Thursday	
MAIN MEAL MEAT	Chicken & Leek Pie served with Mashed Potatoes
MAIN MEAL VEGETARIAN	Vegetable Pizza
VEGETABLES	Seasonal Vegetables
DESSERT OF THE DAY	Chocolate Muffin
Friday	
MAIN MEAL MEAT	Classic Battered Fish served with Chips
MAIN MEAL VEGETARIAN	Spicy Bean Burger served with Chips
VEGETABLES	Seasonal Vegetables
DESSERT OF THE DAY	Madeleine Sponge & Custard

The following are available daily:

Selection of Sandwiches, Wraps, Baguettes and Salad Pots
Jacket Potatoes and Hot Pots
Alternative Desserts and Fresh Fruit
Selection of Yoghurts

