

WEEK 1

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

MONDAY

- Margarita Pizza with Chips
- Halal Roast Chicken with Mashed Potato or Chips or Rice
- Fish Fingers with Mashed Potato or Chips or Rice
- Cheese & Tomato Penne Pasta
- Peas & Baked Beans
- Iced Vanilla Sponge with Custard or Strawberry or Peach Yoghurt or Fruit Platter or Cheese & Crackers

TUESDAY

- Cheese & Tomato Penne Pasta
- Halal BBQ Chicken Pasta Bake or Halal Roast Chicken with Mashed Potato or Chips or Rice or Spaghetti Hoops
- Fish Fingers with Mashed Potato or Chips or Rice or Spaghetti Hoops
- Sweetcorn & Baked Beans
- Iced Vanilla Sponge with Custard or Strawberry or Peach Yoghurt or Fruit Platter or Cheese & Crackers

WEDNESDAY

- Quorn Sausages
- Halal Roast Chicken with Mashed Potato or Chips or Rice
- Fish Fingers with Mashed Potato or Chips or Rice
- Cheese & Tomato Penne Pasta
- Carrots & Baked Beans
- Iced Vanilla Sponge with Custard or Strawberry or Peach Yoghurt or Fruit Platter or Cheese & Crackers

THURSDAY

- Cheese & Tomato Penne Pasta
- Halal Roast Chicken with Mashed Potato or Chips or Rice or Halal Savoury Minced Beef or Spaghetti Hoops
- Fish Fingers with Mashed Potato or Chips or Rice or Spaghetti Hoops
- Sweetcorn & Baked Beans
- Iced Vanilla Sponge with Custard or Strawberry or Peach Yoghurt or Fruit Platter or Cheese & Crackers

FRIDAY

- Grilled Quorn Burger
- Halal Roast Chicken with Mashed Potato or Chips or Rice
- Fish Fingers with Mashed Potato or Chips or Rice
- Cheese & Tomato Penne Pasta
- Peas & Baked Beans
- Iced Vanilla Sponge with Custard or Strawberry or Peach Yoghurt or Fruit Platter or Cheese & Crackers

WEEK 2

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

MONDAY

- Margarita Pizza with Chips
- Halal Roast Chicken with Mashed Potato or Chips or Rice
- Fish Fingers with Mashed Potato or Chips or Rice
- Cheese & Tomato Penne Pasta
- Peas & Baked Beans
- Iced Vanilla Sponge with Custard or Strawberry or Peach Yoghurt or Fruit Platter or Cheese & Crackers

TUESDAY

- Cheese & Tomato Penne Pasta
- Halal Roast Chicken with Mashed Potato or Chips or Rice or Halal Beef Penne Bolognese or Spaghetti Hoops
- Fish Fingers with Mashed Potato or Chips or Rice or Spaghetti Hoops
- Sweetcorn & Baked Beans
- Iced Vanilla Sponge with Custard or Strawberry or Peach Yoghurt or Fruit Platter or Cheese & Crackers

WEDNESDAY

- Quorn Nuggets
- Halal Roast Chicken with Mashed Potato or Chips or Rice
- Fish Fingers with Mashed Potato or Chips or Rice
- Cheese & Tomato Penne Pasta
- Carrots & Baked Beans
- Iced Vanilla Sponge with Custard or Strawberry or Peach Yoghurt or Fruit Platter or Cheese & Crackers

THURSDAY

- Macaroni Cheese
- Halal Roast Chicken with Mashed Potato or Chips or Rice or Spaghetti Hoops
- Fish Fingers with Mashed Potato or Chips or Rice or Spaghetti Hoops
- Cheese & Tomato Penne Pasta
- Sweetcorn & Baked Beans
- Iced Vanilla Sponge with Custard or Strawberry or Peach Yoghurt or Fruit Platter or Cheese & Crackers

FRIDAY

- Grilled Quorn Burger
- Halal Roast Chicken with Mashed Potato or Chips or Rice
- Fish Fingers with Mashed Potato or Chips or Rice
- Cheese & Tomato Penne Pasta
- Peas & Baked Beans
- Iced Vanilla Sponge with Custard or Strawberry or Peach Yoghurt or Fruit Platter or Cheese & Crackers

WEEK 3

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

MONDAY

- Margarita Pizza with Chips
- Halal Roast Chicken with Mashed Potato or Chips or Rice
- Fish Fingers with Mashed Potato or Chips or Rice
- Cheese & Tomato Penne Pasta
- Peas & Baked Beans
- Iced Vanilla Sponge with Custard or Strawberry or Peach Yoghurt or Fruit Platter or Cheese & Crackers

TUESDAY

- Quorn Sausages with Mashed Potato or Chips or Rice or Spaghetti Hoops
- Halal Roast Chicken with Mashed Potato or Chips or Rice or Spaghetti Hoops
- Fish Fingers with Mashed Potato or Chips or Rice or Spaghetti Hoops
- Cheese & Tomato Penne Pasta
- Sweetcorn & Baked Beans
- Iced Vanilla Sponge with Custard or Strawberry or Peach Yoghurt or Fruit Platter or Cheese & Crackers

WEDNESDAY

- Roasted Veggie Strips with Mashed Potato or Chips or Rice
- Halal Roast Chicken with Mashed Potato or Chips or Rice
- Fish Fingers with Mashed Potato or Chips or Rice
- Cheese & Tomato Penne Pasta
- Carrots & Baked Beans
- Iced Vanilla Sponge with Custard or Strawberry or Peach Yoghurt or Fruit Platter or Cheese & Crackers

THURSDAY

- Cheese & Tomato Penne Pasta
- Halal Roast Chicken or Halal Savoury Minced Beef with Mashed Potato or Chips or Rice or Spaghetti Hoops
- Fish Fingers with Mashed Potato or Chips or Rice or Spaghetti Hoops
- Sweetcorn & Baked Beans
- Iced Vanilla Sponge with Custard or Strawberry or Peach Yoghurt or Fruit Platter or Cheese & Crackers

FRIDAY

- Grilled Quorn Burger with Mashed Potato or Chips or Rice
- Halal Roast Chicken with Mashed Potato or Chips or Rice
- Fish Fingers with Mashed Potato or Chips or Rice
- Cheese & Tomato Penne Pasta
- Peas & Baked Beans
- Iced Vanilla Sponge with Custard or Strawberry or Peach Yoghurt or Fruit Platter or Cheese & Crackers

KEY



Vegetarian



Plant Based Vegan Friendly



Halal Option Available



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 CO<sub>2</sub> 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



Feeding Hungry Minds

CLICK HERE TO VISIT OUR WEBSITE