


**WEEK COMMENCING: 2<sup>nd</sup> Nov, 23<sup>rd</sup> Nov, 14<sup>th</sup> Dec, 4<sup>th</sup> Jan, 25<sup>th</sup> Jan, 8<sup>th</sup> Mar**

**WEEK 1**

**MONDAY**

Italian Chicken Meatball Sub with Wedges

Vegetable Lasagne  with Garlic Bread

Jacket Potato with Cheese, Baked Beans, Coleslaw  or Tuna Mayo


Seasonal Vegetables

Pear & Vanilla Sponge with Vanilla Custard

**TUESDAY**

Moroccan Beef with Rice

Margherita Pizza  with Potato Wedges

Jacket Potato with Cheese, Baked Beans, Coleslaw  or Tuna Mayo


Seasonal Vegetables

Lemon Shortbread Cookie

**WEDNESDAY**

Roast Gammon with Yorkshire Pudding with Roast Potatoes & Gravy

Vegetable Chilli  with Rice

Jacket Potato with Cheese, Baked Beans, Coleslaw  or Tuna Mayo


Seasonal Vegetables

Orange Jelly with Mandarins

**THURSDAY**

Chicken Stacker with Savoury Rice

Cheese & Tomato Puff  with Potato Wedges


Jacket Potato with Cheese, Baked Beans, Coleslaw  or Tuna Mayo


Seasonal Vegetables

Jam & Coconut Sponge with Custard

**FRIDAY**

Fish Fingers & Chips 

Tarka Dhal Vegetable Curry  with Rice

Jacket Potato with Cheese, Baked Beans, Coleslaw,  Tuna or Salmon Mayo

Seasonal Vegetables

Frozen Strawberry Yoghurt

**KEY**



**Vegetarian**



**Plant Based  
Vegan Friendly**



**MSC Fish**


**WEEK COMMENCING: 9<sup>th</sup> Nov, 30<sup>th</sup> Nov, 11<sup>th</sup> Jan, 1<sup>st</sup> Feb, 22<sup>nd</sup> Feb, 15<sup>th</sup> Mar**

**WEEK 2**

**MONDAY**

Chicken & Tomato Pasta Bake

Cheese & Bean Wrap  with Wedges


Jacket Potato with Cheese, Baked Beans, Coleslaw  or Tuna Mayo


Seasonal Vegetables

Oat & Raisin Cookie

**TUESDAY**

Sausages with Mashed Potato & Gravy

Butterbean & Vegetable Tagine  with Mashed Potato

Jacket Potato with Cheese, Baked Beans, Coleslaw  or Tuna Mayo

Seasonal Vegetables

Apple Sponge & Custard

**WEDNESDAY**

Roast Beef with Yorkshire Pudding with Roast Potatoes & Gravy

Chickpea & Mixed Vegetable  Balti with Rice

Jacket Potato with Cheese, Baked Beans, Coleslaw  or Tuna Mayo

Seasonal Vegetables

Peach Fool

**THURSDAY**

Chicken Korma with Rice

Cheese & Tomato Panini  with Potato Wedges

Jacket Potato with Cheese, Baked Beans, Coleslaw  or Tuna Mayo


Seasonal Vegetables

Marble Cake with Custard

**FRIDAY**

Battered Fish  & Chips

Vegetable & Lentil Bolognese  with Garlic Bread

Jacket Potato with Cheese, Baked Beans, Coleslaw,  Tuna or Salmon Mayo

Seasonal Vegetables

Berry Muffin


**WEEK COMMENCING: 16<sup>th</sup> Nov, 7<sup>th</sup> Dec, 18<sup>th</sup> Jan, 8<sup>th</sup> Feb, 1<sup>st</sup> Mar, 22<sup>nd</sup> Mar**

**WEEK 3**

**MONDAY**

Beef Pasta Bolognese with Garlic Bread

Three Bean Casserole  & Boiled Potatoes

Jacket Potato with Cheese, Baked Beans, Coleslaw  or Tuna Mayo


Seasonal Vegetables

Pear & Berry Cake with Custard

**TUESDAY**

Ham & Cheese Puff with Potato Wedges

Margherita Pizza  with Potato Wedges

Jacket Potato with Cheese, Baked Beans, Coleslaw  or Tuna Mayo

Seasonal Vegetables

Orange Drizzle Cake

**WEDNESDAY**

Roast Chicken with Yorkshire Pudding with Roast Potatoes & Gravy

Quorn Sausage Toad in the Hole  with Roast Potatoes & Gravy

Jacket Potato with Cheese, Baked Beans, Coleslaw  or Tuna Mayo


Seasonal Vegetables

Iced Bun

**THURSDAY**

Beef Burger in a Bun with Potato Wedges

Quornish Pasty  with Potato Wedges

Jacket Potato with Cheese, Baked Beans, Coleslaw  or Tuna Mayo


Seasonal Vegetables

Jam Roly-Poly with Custard

**FRIDAY**

Fish Nuggets & Chips 

Macaroni Cheese 

Jacket Potato with Cheese, Baked Beans, Coleslaw,  Tuna or Salmon Mayo

Seasonal Vegetables

Ice Cream & Fruit Compote

# 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