# WEEK COMMENCING: 1ST & 22ND NOV / 13TH DEC / 3RD & 24TH IAN / 14TH FEB / 7TH & 28TH MAR

**MONDAY TUESDAY FRIDAY** WEDNESDAY THURSDAY Chickpea & Mixed Veg Balti 👽 Three Bean Casserole 👽 Summer Vegetable Quesadillas 🔻 with Roast Potatoes with Rice Fish Fingers & Chips 🔤 Roast Turkey with Yorkshire Pudding, ® Tomato Pasta Bake 🔻 All Day Breakfast (1) with Potato Wedges with Tomato Ketchup **Gravy & Roast Potatoes** Jacket Potato & Cheese V, Baked lacket Potato & Cheese 🔻, Baked Beans 🗞 Beans 👽, Coleslaw 🔻 or Tuna Mayo 🔤 💲 Beans 👽, Coleslaw 🔻 or Tuna Mayo 🛥 Beans 👽, Coleslaw 🔻 or Tuna Mayo 🚟 Beans 👽, Coleslaw 🔻 or Tuna Mayo 🔤 🕻 Coleslaw 🐧 Tuna or Salmon Mayo Seasonal Vegetables 👽 Syrup & Ginger Sponge 🔻

### WEEK COMMENCING: 8TH & 29TH NOV / 10TH & 31ST IAN / 14TH MAR / 4TH APR TUESDAY WEDNESDAY **THURSDAY**

Quorn Burger with Potatoes

**MONDAY** 

Iced Sponge V

Margherita Pizza 🖤 with Potato Wedges

Jacket Potato & Cheese V, Baked Beans 📎, Coleslaw 👽 or Tuna Mayo 🔤 ᠄

Seasonal Vegetables 👽

Marble Sponge Traybake 🔻

Cheese & Tomato Pasta 🖤

Apple Pie & Ice Cream 🔻

Chicken Curry with Rice 🕕

Jacket Potato & Cheese V, Baked Beans 📎, Coleslaw 🔻 or Tuna Mayo 🚟

Seasonal Vegetables 👽

Rice Pudding & Peaches V

Cheese & Onion Pasty v with Roast Potatoes

Strawberry & Vanilla Cookie 🔻

Roast Chicken, Yorkshire Pudding, (1) **Gravy & Roast Potatoes** 

Jacket Potato & Cheese V, Baked Beans 📎, Coleslaw 💟 or Tuna Mayo 🔤 ᠄

Seasonal Vegetables 😵

Apple Cracknell V

Vegetable & Lentil Bolognese 👽 with Garlic Bread

> Battered Fish & Chips 🛁 with Tomato Ketchup

Jacket Potato & Cheese V, Baked

Seasonal Vegetables 😵

Chocolate Sponge & Choc Sauce V

### FRIDAY

Sweet Potato & Lentil Curry 👽 with Rice

Chocolate Swirls V

Beef Burger in a Bun 🕕 with Wedges

🕯 Jacket Potato & Cheese 🔻, Baked Beans 🗞, Beans 📎, Coleslaw 👽 or Tuna Mayo 🔤 🕻 Coleslaw 🐧 Tuna or Salmon Mayo 🛁

Seasonal Vegetables 👽

Lemon & Courgette Muffin®

## WEEK COMMENCING: 15TH NOV / 6TH DEC / 17TH JAN / 7TH & 28TH FEB / 21ST MAR

#### MONDAY WEDNESDAY THURSDAY **FRIDAY** TUESDAY Cheese Quiche V Cheese & Bean Wrap 🔮 Lentil & Chickpea Loaf 📀 Shepherdess Pie 🕔 with Roast Potatoes with New Potatoes with Potato Wedges

Sausage in a Roll (1) with Potatoes

Jacket Potato & Cheese V, Baked Jacket Potato & Cheese V, Baked Beans 🐶, Coleslaw 🔻 or Tuna Mayo 🔤 🗄 Beans 🐶, Coleslaw 🔻 or Tuna Mayo 🔤 🕏 Beans 🐶, Coleslaw 🔻 or Tuna Mayo 🖂 🕏

Seasonal Vegetables 💀

Yorkshire Mess 🕔 Fruit Fool Yoghurt & Shortbread Fish Fingers & Chips -Tomato Ketchup

Seasonal Vegetables 😵

Roast Chicken, Yorkshire Pudding 🕕 & Gravy with Roast Potatoes

Jacket Potato & Cheese 🔍 Baked

Seasonal Vegetables 😵

Ice Cream & Fruit Compote 🖤

Lasagne with Garlic Bread 🕕

Jacket Potato & Cheese V, Baked

Seasonal Vegetables 🥺

Vanilla Sponge 👽

Vegetable Chilli with Rice 👂

Margherita Pizza 🖤 with Potato Wedges

Jacket Potato & Cheese V, Baked Beans, Coleslaw 🔍 Tuna or Salmon Mayo 🔤

Seasonal Vegetables 📎

Chocolate & Beetroot Brownie V











Sustainably Caught Fish

### **AVAILABLE** DAILY



A choice of Filled **Sandwiches** 



Unlimited Salad Bar



Fresh Fruit

## YOUR SCHOOL LUNCHES ARE:

# DELICIOUSLY HEALTHY CHOICES

### This Term Features...

#### 20 NEW SALADS!

Did you know pupils get to choose from a selection of five salads every day? We've just made the salad bar even tastier with these additional options!

#### **WASTE-LESS RECIPES**

Ensuring our menus are as sustainable as possible is important to us, which is why we're introducing recipes that minimise food waste and use up 'left over' ingredients.

Here's an example! Why not give it a go?



Charlotte Quick, Company Nutritionist, explains a little about **how we build our menus** 

# WE HAVE INCREASED THE NUMBER OF PLANT BASED DISHES ON OUR MENUS BY 20%

# 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 even more and are proud Peas Please pledgers. Find out more here!



# 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 experienced cooks are passionate about feeding hungry minds and supporting pupil wellbeing through engaging dining experiences.

Click on the video to hear from Jane and Duncan, two of our awesome chefs, as they prepare one of our delicious recipes!



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

Check out this tasty sweet potato, lentil and chickpea curry recipe!



# Terriffic VALUE

# 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

# INTRODUCING YOUR NEW MENU

Welcome to your new menu, which has been created so your child can enjoy a delicious, balanced school lunch every day. On this page you'll find some of our dedicated experts talking about how we design, cook and serve our meals. All our menus aim to offer great value, meet school food standards and are at the heart of the exciting food experiences we strive to create for our young diners.

Thank you and please get in touch if you have any questions or suggestions!



Click here for meal ordering and payment information

## **CONTACT US:**



Payments and Meal Ordering



**Nutrition Guidance** 



**General Enquiries** 

### **FOLLOW US:**



@ISS\_Education

