WEEK COMMENCING: 1 NOV / 22 NOV / 13 DEC / 3 JAN / 24 JAN / 7 MARCH / 28 MARCH **KEY** MONDAY **TUESDAY** WEDNESDAY **THURSDAY** FRIDAY Jacket Potato & Cheese 🔍, Baked Vegetable & Lentil Bolognese Roasted Vegetable, Chickpea & Sweet Potato Beans[®], Tuna Mayo 🐨 or Coleslaw 💟 🔴 Mixed Vegetable Birvani Chickpea & Herb Couscous with Penne Pasta Shakshuka with Rice Roast Veggie Strips with Yorkshire Vegetarian Oven Baked Quorn Sausage Classic Macaroni Cheese Pasta Al Pomodoro - Penne Cheese & Onion Quiche Ø with Creamy Mashed Potato & Gravy with Garlic Bread Pudding, Roast Potatoes & Gravy Pasta in a Rich Tomato Sauce with Chunky Chips **Oven Baked Chicken Sausages** Lamb Kheema Matar Roast Chicken Breast with Yorkshire Golden Crumbed Fish Traditional Margherita Pizza with Creamy Mashed Potato & Gravy with Steamed Rice Pudding, Roast Potatoes & Gravy **Fingers with Chunky Chips** Plant Based Sweetcorn & Garden Peas & Carrots & Vegetable Medley & Garden Peas & **Vegan Friendly Broccoli Florets Cauliflower Florets** Steamed Green Beans Sweetcorn Baked Beans Strawberry Flavoured Oaty Apple Crumble with Ø V Pineapple Upside Down Sponge 🔍 Zesty Orange Drizzle Cake V **Crispy Chocolate Squares** marine Frozen Yoghurt **Organic Vanilla Custard** Sustainably WEEK COMMENCING: 8 NOV / 29 NOV / 10 JAN / 31 JAN / 21 FEB / 14 MARCH **Caught Fish** MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY \bigcirc Jacket Potato & Cheese 🔍, Baked Jacket Potato & Cheese 🔍, Baked Spicy Mixed Vegetable Rajma Masala Mexican Bean & Vegetable Halal Meat Beans®, Tuna Mayo 🐨 or Coleslaw 🔮 🔍 Beans 😯, Tuna Mayo 🐜 or Coleslaw 💟 with Steamed Rice Chilli with Rice & Chickpea Rice \bigcirc Cheese, Potato & Red Onion Vegetarian Fish Grilled Quorn Burger in a Vegetable & Sweet Potato Honey & Soy Shredded Tomato & Basil Pastry Ø Ø WEEK Frittata with Jacket Wedges Bun with Tomato Ketchup Vegetables with Noodles Puff with Chunky Chips Bake with Gravy \bigcirc Alternative Golden Crumbed Fish Fingers Lamb Meatballs in a Herby Italian Chicken A'la King - Chicken in a Roast Chicken Breast with Yorkshire V Traditional Margherita Pizza Tomato Sauce with Penne Pasta Creamy Sauce with Steamed Rice Pudding, Roast Potatoes & Gravy with Chunky Chips Garden Peas & Carrots & Sweetcorn & Sweetcorn & Garden Peas & Vegetable Medley **Broccoli Florets Roasted Root Vegetables** Steamed Green Beans Baked Beans Pear & Winter Berry Crumble Ø Creamy Vanilla Ice Cream Apple & Banana Sponge Cake Fruity Flapjack Strawberry Jelly with Organic Vanilla Custard DID YOU WFFK COMMENCING: 15 NOV / 6 DEC / 17 IAN / 7 FEB / 28 FEB / 21 MARCH

KNOW?

OR

All our Milk & Bread is Organic

Assured

All our Meat is UK Farm Assured

	WEEK COMMENCING. IS NOV / O'DEC/ 1/ JAN// TED/ 201ED/ 21 MAKCH					
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
s, F	 Moroccan Chickpea & Vegetable Tagine with Couscous 	Tarka Dhal with Naan Bread	Jacket Potato & Cheese ♥, Baked Beans♥, Tuna Mayo ᠠ or Coleslaw ♥	Sauteed Mixed Vegetable 📀 & Chickpea Jambalaya	Jacket Potato & Cheese ♥, Baked Beans♥, Tuna Mayo 🖬 or Coleslaw ♥	
K 3	• Quorn Sausage & Bean Casserole with Jacket Wedges	 Mexican Cheese & Bean Fajita 	• Tuscan Three Bean • Casserole with Steamed Rice	Quorn Veggie Bolognese with Penne Pasta	 Cheese & Tomato Pinwheel vith Chunky Chips 	
VEE	 Mild Chicken Curry with Steamed Rice 	 Rich Lamb Bolognese with Penne Pasta 	 Roast Chicken Breast with Yorkshire Pudding, Roast Potatoes & Gravy 	 Traditional Margherita Pizza 	Golden Crumbed Fish	
>	Carrots & 📀 Steamed Green Beans	Garden Peas & Roasted Mediterranean Vegetables	Carrots & 💀 Green Cabbage 🛛 💿	Sweetcorn & 👳 👳	Garden Peas & 🔊 🔊 Baked Beans	
	Toffee Flavoured 🔹 💿	Eve's Pudding & 🔹 🔍	Swiss Style Apple Strudel & 🔹 🕐 Organic Vanilla Custard	Velvety Chocolate 🔹 🕑 Sponge Cake	Traditional Shortbread Biscuit 🔍	

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

THERE ARE NOW EVEN MORE **VEGGIES ON OUR MENUS**

.AND ABSOLUTELY FREE

EVERY CHILD IN KS1

We've committed to upping our veg count even more and are Peas proud Peas Please pledgers. Find out more here!

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!



CONTACT US:

Payments and Meal Ordering **Nutrition Guidance** \square **General Enquiries FOLLOW US: @ISS** Education





WE DON'T ADD ANY SALT TO **OUR RECIPES...**

We use herbs, lemon juice and other natural ingredients



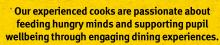
MADE FROM GREAT INGREDIENTS, **BY AWESOME PEOPLE**



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



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



and UK suppliers wherever possible - a fact we love to show off through our partnership with Love British Food

to add flavour.

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



Terrific Value



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

