	-	-		FRIDAY
MUNDAY	TUESDAY	WEDNESDAY	THUKSDAY	FRIDAY
Mixed Vegetable Biriyani 💿 with Rice or	Vegetable & Lentil Bolognese Sauce 오 with Penne Pasta	Cheese & Onion Flan 🛛	Chickpea & Vegetable Tagine 😒 with Couscous	Grilled Quorn Burger 🛇 with Ketchup & Chips
Margherita Pizza 🔍 with Paprika Wedges	Beef Lasagne with Garlic Bread	Roast Chicken with Roast Potatoes	Peri Peri Chicken with Potato Wedges & Coleslaw	Fish Fingers 📥 with Ketchup & Chips
Jacket Potato 🔍 with Beans 🔗 or Cheese 🔍 or Coleslaw 🛇	Jacket Potato 🔍 with Beans 🛇 or Cheese 🔍 or Coleslaw 🛇	Jacket Potato 🔍 with Beans 🛇 or Cheese 🔍 or Coleslaw 🔍	Jacket Potato ♥ with Beans ♥ or Cheese ♥ or Coleslaw	Jacket Potato 🔍 with Salmon Mayonnaise 🎿 or Cheese 🔍 or Beans 📎
Sweetcorn & Peas 📎	Green Beans & Cauliflower 오	Carrots & Broccoli 😒	Sweetcorn & Green Cabbage 📎	Peas & Baked Beans 오
Peach Crumble with Custard	Berry Jelly 오	Chocolate Cracknell	Vanilla Sponge with Apple Compote	Pancake with Berry Coulis
Fresh Fruit Salad 📀 or Yogino Yoghurt 🔍	Fruit Platter 😌 or Cheese & Crackers 🛇	Fresh Fruit Salad 交 or Yogino Yoghurt 오	Fruit Platter 📎 or Cheese & Crackers 🛇	Fresh Fruit Salad 😒 or Yogino Yoghurt 🔍
		INCOME STOLEN LANSA CONTRACTOR		
WEEK COMMENCING: 2	5TH APRIL, 16TH MAY, 6TH JUNI	E, 27TH JUNE, 18TH JULY, 19TH S	SEPTEMBER, 10TH OCTOBER	
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Chickpea & Mixed Vegetable Spicy Rice or	Vegetable & Lentil Bolognese 오 Sauce served with Penne Pasta	Veggie Strips 🕤 with Roast Potatoes & Gravy	Macaroni Cheese 🛛	Quornish Pasty <b>O</b> with Chips
Red Onion & Sweetcorn Pizza 🔍 with Jacket Wedges	Chicken Curry with Rice	Roast Chicken Breast with Roast Potatoes	Italian Beef Sub	Fish Fingers 📥 with Ketchup & Chips
Jacket Potato with Beans 😌 or Cheese 🔍 or Coleslaw 🔇	Jacket Potato with Beans 🏵 or Cheese 🔍 or Coleslaw 🛇	Jacket Potato ♥ with Beans ় or Cheese ♥ or Coleslaw ♥	Jacket Potato 🛇 with Beans 🏵 or Cheese 🛇 or Coleslaw 🛇	Jacket Potato 🛇 with Beans 🕑 or Cheese 🛇 or Coleslaw 🛇
Vegetable Medley 📎	Sweetcorn & Broccoli 😏	Cauliflower & Green Beans 🔊	Roasted Mediterranean Vegetables 📎 & Carrots	Peas & Baked Beans 오
Fruity Flapjack	Oat Dream Cookie	Orange Jelly	Oaty Apple & Berry Crumble with Custard	Pear & Vanilla Sponge with Custard
Fresh Fruit Salad 📀 or Yogino Yoghurt 🔍	Fruit Platter 📎 or Cheese & Crackers 🔍	Fresh Fruit Salad 📎 or Yogino Yoghurt 🔍	Fruit Platter 📎 or Cheese & Crackers 🛛	Fresh Fruit Salad 📀 or Yogino Yoghurt 오
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Vegetable Chow Mein 🔍 or	Cheese & Tomato Penne Pasta 🔍	Macaroni Cheese 오	Quorn Sausages in a Bun 🔍 with Potato Wedges	Spicy Bean Burger 👽 with Chips
Margherita Pizza 🖤 with Potato Wedges	Beef Bolognese Sauce with Penne Pasta	Roast Chicken with Roast Potatoes	Chicken & Vegetable Stir Fry with Rice	Fish Fingers 🥌 with Ketchup & Chips
Jacket Potato 🔍 with Beans 오 or Cheese 🔍 or Coleslaw	Jacket Potato 🔍 with Beans 🔍 or Cheese 🔍 or Coleslaw 🔍	Jacket Potato 🔍 with Beans 오 or Cheese 🔍 or Coleslaw 🛇	Jacket potato 🔍 with Beans 🔍 or Cheese 🔍 or Coleslaw 🔍	Jacket Potato ♥ with Beans ♥ or Cheese ♥ or Coleslaw ♥
Peas & Cauliflower 📎	Broccoli & Sweetcorn 📎	Spinach & Carrots 📎	Mixed Peas, Sweetcorn & Carrots 📎	Peas & Baked Beans ᅇ
Marbla Spapga	Shortbread	Mandarins & Jelly 오	Apple and Banana Sponge with Custard	Strawberry Jelly
Marble Sponge	Shortbread		Apple and Banana Sponge Man custara	
	MONDAY Mixed Vegetable Biriyani with Rice or Margherita Pizza with Paprika Wedges Jacket Potato with Beans or Coleslaw Sweetcorn & Peas Peach Crumble with Custard Fresh Fruit Salad or Yogino Yoghurt KEEK COMMENCING: 22 MONDAY Chickpea & Mixed Vegetable spicy Rice or Red Onion & Sweetcorn Pizza with Jacket Wedges Jacket Potato with Jacket Wedges Jacket Potato with Jacket Wedges Jacket Potato with Beans or Coleslaw Vegetable Medley Fruity Flapjack Fresh Fruit Salad or Yogino Yoghurt WEEK COMMENCING: 2ND MONDAY Vegetable Chow Mein or Yogino Yoghurt Vegetable Chow Mein Jacket Potato r Margherita Pizza with Potato Wedges Jacket Potato Nargherita Pizza with Potato Wedges	MONDAYTUESDAYMixed Vegetable Biriyani or with Rice or Margherita Pizza 0 with Paprika WedgesVegetable & Lentil Bolognese Sauce 0 with Penne PastaJacket Potato 0 with Beans 0 or Cheese 0 or Coleslaw 0Beef Lasagne with Beans 0 or Cheese 0 or Coleslaw 0Sweetcorn & Peas 0 Peach Crumble with Custard Fresh Fruit Salad 0 or Yogino Yoghurt 0Berry Jelly 0 Berry Jelly 0WEEK COMMENCING: 25TH APRIL, 16TH MAY, 6TH JUNI MONDAYMargherize 1 Or Cheese & Crackers 0WEEK COMMENCING: 25TH APRIL, 16TH MAY, 6TH JUNI MONDAYVegetable & Crackers 0Chickpea & Mixed Vegetable 0 Spicy Rice or Coleslaw 0Vegetable & Crackers 0Or Red Onion & Sweetcorn Pizza 0 with Jacket WedgesVegetable & Crackers 0Jacket Potato 0 or Coleslaw 0Chickpea & Crackers 0Wegetable Medley 0Sweetcorn & Broccoli 0Fruity FlapjackOat Dream CookleFresh Fruit Salad 0 or Yogino Yoghurt 0Fruit Platter 0 or Cheese 0 or Coleslaw 0Wegetable Chow Mein 0 or Margherita Pizza 0 with Potato WedgesCheese & Tomato Penne Pasta 0Vegetable Chow Mein 0 or Margherita Pizza 0 with Potato VedgesCheese & Tomato Penne Pasta 0Jacket Potato 0 or Cheese 0 or Coleslaw 0Cheese & Tomato Penne Pasta 0Wegetable Chow Mein 0 or Margherita Pizza 0 with Penna 0 or Cheese 0 or Coleslaw 0Cheese & Tomato Penne Pasta 0Jacket Potato 0 with Beans 0 or Cheese 0 or Coleslaw 0Beef Bolognese Sauce with Penne Pasta 0Jacket Potato 0 with Beans 0 or Cheese 0 or Coleslaw 0Beef Bologne	MONDAY   TUESDAY   WEDNESDAY     Mixed Vegetable Biriyani & or Margherita Pizza O with Brank Wedges   Vegetable & Lentil Bolognese Sauce * with Brank Wedges   Cheese & Onion Flan O     Jacket Potato O with Beans © or Cheese O or Colesiaw O   Beef Lasagne with Garlie Bread Jacket Potato O   Roast Chicken with Beans © or Cheese O or Colesiaw O   Roast Chicken with Beans © or Cheese O     Sweetcorn & Peas O   Berry Jelly O   Chocolate Crackmell     Preach Crumble with Custard Broin Yogino Yoghurt O   Berry Jelly O   Chocolate Crackmell     WEEK COMMENCING: 25TH APRIL, 16TH MAY, 6TH JUNE, 27TH JUNE, 18TH JULY, 19TH MONDAY   Vegetable & Lentil Bolognese O Sauce served with Penne Pasta   Vegetable & Crackers O     Vegetable Medley O   Vegetable & Lentil Bolognese O or Colesiaw O   Vegetable & Lentil Bolognese O or Colesiaw O   With Bears © or Cheese O or Colesiaw O     Vegetable Medley O   Sweetcorn Birza O with Bears © or Cheese O or Colesiaw O   Vegetable & Lentil Bolognese O or Colesiaw O   With Bears © or Cheese O or Colesiaw O     Vegetable Medley O   Sweetcorn Birza O with Bears © or Cheese O or Colesiaw O   Cauilflower & Green Beans O     Vegetable Medley O   Sweetcorn & Broccoli ©   Cauilflower & Green Beans O     Vegetable Medley O   Sweetcorn & Broccoli ©   Cauilflower & Green Beans O	Mixed Vegetable Birlyani Corression Vegetable & Lentil Bologness Sauce Corression Cheese & Onion Fian O Chickpa & Vegetable Tagine Corression   Margherita Nutzge Beef Lasagne Roast Chicken Peri Peri Chicken   With Pointa Wedgess Beef Lasagne Roast Chicken Peri Peri Chicken   With Bates S: of Cheese O Jacket Potato O With Bates S: of Cheese O With Bates S: of Cheese O   Sweetcon & Peas O Orceleslaw O Carcets & Broccoli O Cheese & Cracknell Vanita Spage with Apple Compoce   Freeh Fruit Salad O Or Cheese & Crackers O Or Orgino Yoghur O Sweetcon A Rese Cheese & Cracknell Vanita Spage with Apple Compoce   VEEK COMMENCING: 25TH APRIL, 16TH MAY, 6TH JUNE, 27TH JUNE, 18TH JULY, 19TH SEPTEMBER, 10TH OCTOBER With Reset Potato O Vanita Spage with Apple Compoce   Montpart TUESDAY WEDNESDAY HURSDAY   Chicken Strate O Or Cheese O Or Cheese O Or Cheese O   Wegetable & Lentil Bolognese O With Reset Potato O With Reset Potato O Macaroni Cheese O   Vegetable Medity O Sweetcon & Brocoli O Cauliflower A Green Beans I Meanori Cheese O   Site Potato O With Reset Potato O With Reset Potato O With Re

## 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



Our nutritionists talk about the benefits of the new recipes!

CLICK HERE TO VISIT OUR WEBSITE



We've reduced our CO<sup>2</sup> 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!

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#### MADE FROM GREAT INGREDIENTS, BY AWESOME PEOPLE!







FREE RANGE & RSPCA ASSURED

ALL OF THE EGGS WE USE ARE



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.



...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 antitled to contain bonofic at

family is entitled to certain benefits - it could save you around £400 every year.



good price.

FOR KS2 CHILDREN, OUR MEALS OFFER GREAT VALUE Few places offer homemade two course meals made from great ingredients at such a



Sophie Crosswaite, Nutritionist, shares he thoughts on the **value of school lunches** 

