








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

WEEK 1



MONDAY

Mixed Vegetable Biryani 
with Rice
or
Margherita Pizza 
with Paprika Wedges


Jacket Potato 
with Beans  or Cheese 
or Coleslaw 

Sweetcorn & Peas 





Peach Crumble with Custard


Fresh Fruit Salad 
or Yogino Yoghurt 


TUESDAY



Vegetable & Lentil Bolognese Sauce 
with Penne Pasta

Beef Lasagne
with Garlic Bread


Jacket Potato 
with Beans  or Cheese 
or Coleslaw 

Green Beans & Cauliflower 





Berry Jelly 


Fruit Platter 
or Cheese & Crackers 

WEDNESDAY



Cheese & Onion Flan 

Roast Chicken
with Roast Potatoes

Jacket Potato 
with Beans  or Cheese 
or Coleslaw 

Carrots & Broccoli 




Chocolate Cracknell

Fresh Fruit Salad 
or Yogino Yoghurt 

THURSDAY

Chickpea & Vegetable Tagine 
with Couscous

Peri Peri Chicken
with Potato Wedges & Coleslaw


Jacket Potato 
with Beans  or Cheese 
or Coleslaw 


Sweetcorn & Green Cabbage 





Vanilla Sponge with Apple Compote


Fruit Platter 
or Cheese & Crackers 

FRIDAY



Grilled Quorn Burger 
with Ketchup & Chips

Fish Fingers 
with Ketchup & Chips

Jacket Potato 
with Salmon Mayonnaise 
or Cheese  or Beans 

Peas & Baked Beans 

Pancake with Berry Coulis

Fresh Fruit Salad 
or Yogino Yoghurt 

KEY



Vegetarian



Plant Based
Vegan Friendly









Sustainably
Caught Fish


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

WEEK 2



MONDAY

Chickpea & Mixed Vegetable 
Spicy Rice
or
Red Onion & Sweetcorn Pizza 
with Jacket Wedges


Jacket Potato 
with Beans  or Cheese 
or Coleslaw 

Vegetable Medley 





Fruity Flapjack


Fresh Fruit Salad 
or Yogino Yoghurt 

TUESDAY



Vegetable & Lentil Bolognese 
Sauce served with Penne Pasta

Chicken Curry
with Rice


Jacket Potato 
with Beans  or Cheese 
or Coleslaw 

Sweetcorn & Broccoli 





Oat Dream Cookie


Fruit Platter 
or Cheese & Crackers 

WEDNESDAY



Veggie Strips 
with Roast Potatoes & Gravy

Roast Chicken Breast
with Roast Potatoes

Jacket Potato 
with Beans  or Cheese 
or Coleslaw 

Cauliflower & Green Beans 




Orange Jelly


Fresh Fruit Salad 
or Yogino Yoghurt 

THURSDAY



Macaroni Cheese 

Italian Beef Sub


Jacket Potato 
with Beans  or Cheese 
or Coleslaw 


Roasted Mediterranean Vegetables 
& Carrots





Oaty Apple & Berry Crumble
with Custard


Fruit Platter 
or Cheese & Crackers 

FRIDAY



Quornish Pasty 
with Chips

Fish Fingers 
with Ketchup & Chips

Jacket Potato 
with Beans  or Cheese 
or Coleslaw 

Peas & Baked Beans 

Pear & Vanilla Sponge with Custard

Fresh Fruit Salad 
or Yogino Yoghurt 

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

WEEK 3

MONDAY

Vegetable Chow Mein 
or
Margherita Pizza 
with Potato Wedges


Jacket Potato 
with Beans  or Cheese 
or Coleslaw 

Peas & Cauliflower 





Marble Sponge


Fresh Fruit Salad 
or Yogino Yoghurt 

TUESDAY



Cheese & Tomato Penne Pasta 

Beef Bolognese Sauce
with Penne Pasta

Jacket Potato 
with Beans  or Cheese 
or Coleslaw 

Broccoli & Sweetcorn 


Shortbread

Fruit Platter 
or Cheese & Crackers 

WEDNESDAY

Macaroni Cheese 

Roast Chicken
with Roast Potatoes


Jacket Potato 
with Beans  or Cheese 
or Coleslaw 

Spinach & Carrots 





Mandarins & Jelly 


Fresh Fruit Salad 
or Yogino Yoghurt 

THURSDAY



Quorn Sausages in a Bun 
with Potato Wedges

Chicken & Vegetable Stir Fry
with Rice


Jacket potato 
with Beans  or Cheese 
or Coleslaw 


Mixed Peas, Sweetcorn & Carrots 





Apple and Banana Sponge with Custard


Fruit Platter 
or Cheese & Crackers 

FRIDAY



Spicy Bean Burger 
with Chips

Fish Fingers 
with Ketchup & Chips

Jacket Potato 
with Beans  or Cheese 
or Coleslaw 

Peas & Baked Beans 

Strawberry Jelly

Fresh Fruit Salad 
or Yogino Yoghurt 

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 CO₂ 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