

WEEK COMMENCING: 18TH APRIL, 9TH MAY, 6TH & 27TH JUNE, 18TH JULY, 29TH AUGUST, 19TH SEPTEMBER, 10TH OCTOBER

WEEK 1

MONDAY

Goan Vegetable Curry with Rice 🌱

Macaroni Cheese 🌱

Fresh Broccoli & Sweetcorn 🌱

Fresh Fruit or Yoghurt 🌱

TUESDAY

Vegetarian Sausage with Mashed Potato & Gravy 🌱

Lemon & Garlic Chicken Thigh 🍗

Peas & Fresh Cauliflower 🌱

Fresh Fruit or Yogurt 🌱

WEDNESDAY

Vegetable Chow Mein 🌱

Lamb & Onion Pie 🍗

Green Beans & Butternut Squash 🌱

Fresh Fruit or Yoghurt 🌱

THURSDAY

Cheese & Tomato Pinwheel with Roast Potatoes & Gravy 🌱

Roast Chicken 🍗

Carrots & Savoy Cabbage 🌱

Chocolate Sponge with Chocolate Sauce 🌱

FRIDAY

Jacket Potato with Salmon or Tuna Mayo 🐟

Margherita Pizza with Chunky Chips 🌱

Baked Beans & Sweetcorn 🌱

Fresh Fruit & Yoghurt 🌱

WEEK COMMENCING: 25TH APRIL, 16TH MAY, 13TH JUNE, 4TH JULY, 5TH & 26TH SEPTEMBER, 17TH OCTOBER

WEEK 2

MONDAY

Cheese & Tomato Pasta 🌱

Rajma Masala with Rice 🌱

Cauliflower & Green Beans 🌱

Fresh Fruit or Yoghurt 🌱

TUESDAY

Cheese & Onion Flan with New Potatoes 🌱

Chicken Korma with Rice 🍗

Carrots & Peas 🌱

Fresh Fruit or Yoghurt 🌱

WEDNESDAY

Vegetable Biryani 🌱

Lamb Meatballs 🍗

Fresh Broccoli & Butternut Squash 🌱

Fresh Fruit or Yoghurt 🌱

THURSDAY

Shepherdess Pie with Gravy 🌱

Peri Peri Chicken with Lemon Rice 🍗

Sweetcorn & Carrots 🌱

Toffee Frozen Yoghurt 🌱

FRIDAY

Vegetable Lasagne with Focaccia bread 🌱

Fish Fingers with Chunky Chips 🐟

Baked Beans & Peas 🌱

Fresh Fruit or Yoghurt 🌱

WEEK COMMENCING: 2ND & 23RD MAY, 20TH JUNE, 11TH JULY, 12TH SEPTEMBER, 3RD OCTOBER

WEEK 3

MONDAY

Jacket Potato with Cheese 🌱
Baked Beans 🌱 Tuna Mayo 🐟

Sweetcorn Pizza with Potato Wedges 🌱

Peas & Roasted Butternut Squash 🌱

Fresh Fruit or Yoghurt 🌱

TUESDAY

Honey & Vegetable Strips with Noodles 🌱

Chicken Tikka Masala 🍗
with Rice & Naan Bread

Fresh Cauliflower & Green Beans 🌱

Fresh Fruit or Yoghurt 🌱

WEDNESDAY

Spinach & Lentil Dahl with Rice 🌱

Lamb Lasagne 🍗
with Garlic Bread

Broccoli & Sweetcorn 🌱

Fresh Fruit or Yoghurt 🌱

THURSDAY

Roasted Vegetable & Lentil Loaf with Roast Potatoes & Gravy 🌱

Roast Chicken 🍗
with Roast Potatoes & Gravy

Carrots & Savoy Cabbage 🌱

Oaty Apple Crumble with Custard 🌱

FRIDAY

Cauliflower & Broccoli Bake with Chunky Chips 🌱

Breaded Fish with Chunky Chips 🐟

Baked Beans and Peas 🌱

Fresh Fruit & Yoghurt 🌱

KEY



Vegetarian



Plant Based
Vegan Friendly



Halal Option
Available



Sustainably
Caught Fish

DID
YOU
KNOW?



All our Milk
& Bread is
Organic



All our Meat
is UK Farm
Assured

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