

WEEK COMMENCING: 29TH AUGUST, 19TH SEPTEMBER, 10TH & 31ST OCTOBER, 21ST NOVEMBER, 12TH DECEMBER

WEEK 1

MONDAY

Vegetable & Lentil Bolognese with Garlic Focaccia Bread

Beef Bolognese with Garlic Focaccia Bread

Jacket Potato & Cheese , Coleslaw   
Baked Beans or Tuna

Sweetcorn & Broccoli

Fresh Fruit Salad with Natural Yoghurt or Cheese & Biscuits

TUESDAY

Falafel Burger in a Bun

Chicken & Apple Sausage Roll with Mashed Potato & Gravy

Jacket Potato & Cheese , Coleslaw   
Baked Beans or Tuna

Green Beans & Cauliflower

Apple Crumble with Custard

WEDNESDAY

Macaroni Cheese

Roast Beef with Yorkshire Pudding, Roast Potatoes & Gravy

Jacket Potato & Cheese , Coleslaw   
Baked Beans or Tuna

Carrots & Green Cabbage

Golden Rice Crispy Cake

THURSDAY

Spinach & Lentil Dahl with Rice

Margherita Pizza with Garlic & Paprika Potato Wedges

Jacket Potato & Cheese , Coleslaw   
Baked Beans or Tuna

Mexican Sweetcorn & Coleslaw

Oat & Raisin Cookie

FRIDAY

Cheese & Leek Pasty with Chips

Fish Fingers & Chips & Tomato Ketchup

Jacket Potato & Cheese , Coleslaw   
Baked Beans or Tuna

Garden Peas & Baked Beans

Strawberry Jelly & Ice Cream

KEY



Vegetarian



Plant Based Vegan Friendly



Halal Option Available



Sustainably Caught Fish

WEEK COMMENCING: 5TH & 26TH SEPTEMBER, 17TH OCTOBER, 7TH & 28TH NOVEMBER, 19TH DECEMBER

WEEK 2

MONDAY

Butternut, Butterbean & Vegetable Curry with Rice

Chicken Curry & Rice

Jacket Potato & Cheese , Coleslaw   
Baked Beans or Tuna

Curried Cauliflower & Carrots

Yoghurt Bar with Toppings   
Or Cheese & Biscuits

TUESDAY

Shepherdess Pie

Minced Beef & Onion Pie with Mashed Potato & Gravy

Jacket Potato & Cheese , Coleslaw   
Baked Beans or Tuna

Medley of Peas, Sweetcorn & Carrots

Lemon Shortbread

WEDNESDAY

Cheese & Tomato Penne Pasta

Garlic & Lemon Chicken Thigh with Roast Potato & Gravy

Jacket Potato & Cheese , Coleslaw   
Baked Beans or Tuna

Roasted Root Vegetables & Garden Peas

Peaches & Fruit Melba Sauce with Ice Cream

THURSDAY

Vegetable Biryai

Margherita Pizza with Cajun Potato Wedges

Jacket Potato & Cheese , Coleslaw   
Baked Beans or Tuna

Sweetcorn & Apple Slaw

Carrot Cake

FRIDAY

Cheese & Broccoli Quiche with Chips

Battered Pollock Fillet with Chips & Tomato Ketchup

Jacket Potato & Cheese , Coleslaw   
Baked Beans or Tuna

Garden Peas & Baked Beans

Orange Jelly & Mandarins

DID YOU KNOW?



All our Milk & Bread is Organic



All our Meat is UK Farm Assured

WEEK COMMENCING: 12TH SEPTEMBER, 3RD & 24TH OCTOBER, 14TH NOVEMBER, 5TH DECEMBER

WEEK 3

MONDAY

Quorn Frankfurter Hot Dog & Potato Wedges

Chicken Sausage Hot Dog with Potato Wedges

Jacket Potato & Cheese , Coleslaw   
Baked Beans or Tuna

Sweetcorn & Honey Carrots

Fresh Fruit Salad with Natural Yoghurt   
Or Cheese & Biscuits

TUESDAY

Cheese, Potato & Red Onion Frittata with Boiled Potato

Cottage Pie

Jacket Potato & Cheese , Coleslaw   
with Baked Beans or Tuna

Cauliflower & Broccoli

Pear & Mixed Berry Pie with custard

WEDNESDAY

Jollof Rice

Garlic & Lemon Chicken Thigh with Roast Potatoes & Gravy

Jacket Potato & Cheese , Coleslaw   
Baked Beans or Tuna

Medley of Vegetables & Cabbage

Frozen Strawberry Yoghurt

THURSDAY

(Fry's) Roasted Veggie Strips with Garlic & Paprika Potato Wedges

Margherita Pizza with Garlic & Paprika Potato Wedges

Jacket Potato & Cheese , Coleslaw   
Baked Beans or Tuna

Coleslaw & Mexican Sweetcorn

Fruity Flapjack

FRIDAY

Roast Vegetable Calzone with Chips

Fish Fingers & Chips & Tomato Ketchup

Jacket Potato & Cheese , Coleslaw   
Baked Beans or Salmon Mayo

Garden Peas & Baked Beans

Chocolate & Raisin Oat Dream Cookie

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!



Feeding Hungry Minds

CLICK HERE TO VISIT OUR WEBSITE

We've reduced our CO<sub>2</sub> 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