

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

WEEK 1

MONDAY

- Vegetable & Chickpea Jambalaya
- Jerk Chicken with Rice & Peas
- Jacket Potato & Cheese Baked Beans or Tuna
- Sweetcorn & Green Beans
- Peaches & Fruit Melba Sauce with Ice Cream

TUESDAY

- Quorn Chilli Con Carne with Rice
- Chilli Beef Macaroni topped with Nachos Crumb
- Jacket Potato & Cheese Baked Beans or Tuna
- Roasted Mediterranean Vegetables
- Fruity Flapjack

WEDNESDAY

- Roasted Vegetable & Lentil Loaf with Gravy & Roast potatoes
- Garlic & Lemon Chicken Thigh with Gravy & Roast Potatoes
- Jacket Potato & Cheese Baked Beans or Tuna
- Medley of Vegetables
- Carrot Cake with Frosting

THURSDAY

- Chickpea & Butternut Rogan Josh served with Rice
- Margherita Pizza with Potato Wedges
- Jacket Potato & Cheese Baked Beans or Tuna
- Sweetcorn & Broccoli
- Yoghurt Bar with Fresh Fruit Salad or Cheese & Biscuits

FRIDAY

- Cheese & Onion Quiche with Chips
- Fish Fingers with Chips
- Jacket Potato & Baked Beans, Vegetable & Lentil Bolognese or Cheese
- Peas & Baked Beans
- Stawberry Jelly & Icecream

WEEK COMMENCING: 25TH APRIL, 16TH MAY, 6TH, 27TH JUNE, 18TH JULY, 29TH AUGUST, 19TH SEPTEMBER, 10TH OCTOBER

WEEK 2

MONDAY

- Thai Quorn Green Vegetable Curry with Rice
- Thai Chicken Curry with Rice
- Jacket potato with Baked beans, Tuna or Cheese
- Peas & Curried Roasted Cauliflower
- Frozen Strawberry yoghurt

TUESDAY

- Roasted Vegetable Lasagne
- Organic Beef Lasagne
- Jacket potato with Baked beans, Tuna or Cheese
- Sweetcorn & Broccoli
- Chockolate cracknell

WEDNESDAY

- Macaroni Cheese
- Roast Turkey with Gravy and roast potatoes
- Jacket potato with Baked beans, Salmon or Cheese
- Carrots & Green Beans
- Lemon Drizzle Cake

THURSDAY

- Sweetcorn & Chickpea Burger with Potato Wedges
- Margherita Pizza with Potato Wedges
- Jacket Potato & Cheese Baked Beans or Tuna
- Roasted Mediterranean Vegetables & Sweetcorn
- Natural Yoghurt with Fresh Fruit Salad or Cheese & Biscuits

FRIDAY

- Cheese & Leek Pasty
- Battered Pollock & chips
- Jacket Potato & Baked Beans, Vegetable & Lentil Bolognese or Cheese
- Peas & Baked Beans
- Orange Jelly & Mandarins

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

WEEK 3

MONDAY

- Quorn Penne Bolognese
- Organic Beef Bolognese With Penne Pasta
- Jacket potato with Baked Beans, Tuna or Cheese
- Carrots & Vegetable medley
- Frozen Toffee Yoghurt

TUESDAY

- Quorn Sausage with Mashed Potato & Gravy
- Chicken Sausage with Mashed Potato & Gravy
- Jacket potato with Baked Beans, Tuna or Cheese
- Green beans & Roasted Cauliflower
- Chocolate Shortbread

WEDNESDAY

- Cheese & Tomato Pasta Bake
- Garlic & lemon Chicken Thigh with Gravy & Roast Potatoes
- Jacket potato with Baked Beans, Tuna or Cheese
- Medley of Vegetables
- Oaty Apple Crumble with Custard

THURSDAY

- Mexican Rice Wrap
- Margherita Pizza with Potato Wedges
- Jacket potato with Baked Beans, Tuna or Cheese
- Green Cabbage & Sweetcorn
- Yoghurt Bar or Cheese & Biscuits

FRIDAY

- Spinach & Lentil Dahl with rice
- Breaded Pollock with chips
- Jacket Potato & Baked Beans, Vegetable & Lentil Bolognese or Cheese
- Peas & Baked Beans
- Stawberry Jelly & Icecream

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



CLICK HERE TO VISIT OUR WEBSITE