

## WEEK 1

WEEK COMMENCING: 18 - APR / 09 - MAY / 30 - MAY / 20 - JUN / 11 - JUL / 05 - SEP / 26 - SEP / 17 - OCT

## MONDAY

Vegetable &amp; Lentil Bolognese with Penne Pasta

Quorn Sausage with Mashed Potato &amp; Gravy

Chicken Sausages with Mashed Potato &amp; Gravy

Sweetcorn &amp; Broccoli

Frozen Strawberry Yoghurt

## TUESDAY

Roasted Vegetable Couscous

Macaroni Cheese

Lamb Jalloff

Peas &amp; Cauliflower

Yoghurt Bar

## WEDNESDAY

Roasted Soya Strips  
Roast Potatoes & Gravy

Jacket Potato &amp; Cheese, Baked Beans, Coleslaw, Tuna Mayo

Roast Chicken with Roast Potatoes &amp; Gravy

Carrots &amp; Green Beans

Fresh Fruit Salad

## THURSDAY

Vegetable Biryani

Cheese &amp; Tomato Penne Pasta

Margherita Pizza

Vegetable Medley &amp; Sweetcorn

Cheese &amp; Crackers

## FRIDAY

Chickpea &amp; Sweet Potato Shakshuka with Rice

Cheese &amp; Broccoli Quiche with Chips

Fish Fingers with Chips

Peas &amp; Baked Beans

Chocolate Cracknell

## KEY



Vegetarian

Plant Based  
Vegan FriendlyHalal Option  
AvailableSustainably  
Caught Fish

## WEEK 2

WEEK COMMENCING: 25 - APR / 16 - MAY / 06 - JUN / 27 - JUN / 18 - JUL / 14 - SEP / 05 - OCT

## MONDAY

Jacket Potato &amp; Cheese, Baked Beans, Coleslaw, Tuna Mayo

Quorn Burger in a Bun

Beef Meatballs in Tomato Sauce with Penne Pasta

Carrots &amp; Vegetable Medley

Fruity Flapjack

## TUESDAY

Rajma Masala with Rice

Sweet Potato &amp; Pepper Frittata with Jacket Wedges

Chicken Biryani

Sweetcorn &amp; Broccoli

Yoghurt Bar

## WEDNESDAY

Vegetable &amp; Mixed Bean Chilli &amp; Rice

Vegetable &amp; Sweet Potato Bake with Gravy

Roast Turkey with Roast Potatoes &amp; Gravy

Peas &amp; Roasted Root Vegetables

Strawberry Jelly

## THURSDAY

Three Bean Casserole with Rice

Jacket Potato &amp; Cheese, Baked Beans, Coleslaw, Tuna Mayo

Margherita Pizza

Sweetcorn &amp; Green Beans

Cheese &amp; Crackers

## FRIDAY

Mixed Vegetable &amp; Chickpea Spicy Rice

Tomato &amp; Basil Puff with Chips

Battered Fish with Chips

Peas &amp; Baked Beans

Pear &amp; Berry Crumble with Custard

## WEEK 3

WEEK COMMENCING: 02 - MAY / 23 - MAY / 13 - JUN / 04 - JUL / 21 - SEP / 12 - OCT

## MONDAY

Chickpea &amp; Vegetable Tagine with Lemon Couscous

Quorn Sausage &amp; Bean Casserole with Garlic &amp; Paprika Wedges

Chicken Curry &amp; Rice

Carrots &amp; Green Beans

Peach Fool

## TUESDAY

Tarka Dhal with Rice

Cheese &amp; Bean Fajita

Beef Pasta Bolognese

Peas &amp; Roasted Mediterranean Vegetables

Yoghurt bar

## WEDNESDAY

Jacket Potato &amp; Cheese, Baked Beans, Coleslaw, Tuna Mayo

Honey &amp; Ginger Soya Strips with Noodles

Roast Chicken with Roast Potatoes &amp; Gravy

Carrots &amp; Green Cabbage

Toffee Frozen Yoghurt

## THURSDAY

Vegetable &amp; Chickpea Jambalaya

Quorn Penne Pasta Bolognese

Margherita Pizza

Sweetcorn &amp; Broccoli

Cheese &amp; Crackers

## FRIDAY

Jacket Potato &amp; Cheese, Baked Beans, Coleslaw, Salmon Mayo

Cheese &amp; Tomato Whirl with Chips

Fish Fingers with Chips

Peas &amp; Baked Beans

Eve's Pudding with Vanilla Custard

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 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



CLICK HERE  
TO VISIT OUR  
WEBSITE

MADE FROM GREAT INGREDIENTS,  
BY AWESOME PEOPLE!

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