### WEEK COMMENCING: 2nd November, 23rd November, 14th December, 4th January, 25th January, 8th March, 29th March

| MONDAY  | TUESDAY  | WEDNESDAY                     | THURSDAY  | FRIDAY                         |   |
|---|--|-------------------------------|---|--------------------------------|---|
| Shepherdess Pie Wwith Jacket Wedges             | Beef Pasta Bolognese 🕕   |                               | Pork or Chicken Sausage®<br>Mashed Potatoes and Gravy |                                |   |
| Margherita Pizza <b>v</b><br>with Jacket Wedges | Cheese & Tomato Puff Squares with Crushed Potatoes   | Cheese & Tomato V Penne Pasta | Three Bean Casserole 👽 with Mashed Potato             | Tarka Dhal with Rice           |   |
|   | Jacket Potato with v Baked Beans & Cheese  |                               | Jacket Potato v<br>with Cheese                        | Jacket Potato with Baked Beans |   |
| Peas & Cauliflower                              | Sweetcorn & Broccoli   | Carrots & Green Cabbage       | Green Beans & Sweetcorn                               | Peas & Baked Beans             |   |
| Peach Crumble with<br>Custard                   | Oat & Raisin Cookie  | Apple & Banana Cake           | Lemon & Courgette Muffin                              | Pancakes with Fruit Compote    |   |
| or Fruit or Yoghurt                             | or Fruit or Cheese & Crackers  | or Fruit or Yoghurt           | or Fruit or Cheese & Crackers                         | or Fruit or Yoghurt            | 4 |
|   | IN THE RESERVE THE PARTY OF THE |                               |   |                                |   |

### WEEK COMMENCING: 9th November, 30th November, 21st December, 11th January, 1st February, 22nd February, 15th March



### WEEK COMMENCING:16th November, 7th December, 18th January, 8th February, 1st March, 22nd March

| MONDAY   | TUESDAY                             | WEDNESDAY                                     | THURSDAY                                      | FRIDAY   |
|--|-------------------------------------|---|---|--|
| Macaroni Cheese V                                | Sweet & Sour Chicken 🕦<br>with Rice | Roast Turkey with Roast 🕕<br>Potato & Gravy   | Beef Burger in a Bun 📵<br>with Jacket Wedges  | Breaded Fish Fillets or 🌮<br>Fish Fingers with Chips |
| Butterbean & Vegetable 💝<br>Tagine with Couscous | Vegetable Chilli V<br>with Rice     | Vegetarian Strips with Roast Potatoes & Gravy | Quorn Burger in a Bun 🔻<br>with Jacket Wedges | Cheese & Leek Pasty 🔻 with Chips                     |
|  | Jacket Potato v<br>with Cheese      |   | Jacket Potato v<br>with Coleslaw              | Jacket Potato 💀<br>with Baked Beans                  |
| Carrots & Cauliflower                            | Sweetcorn &White Cabbage            | Carrots & Broccoli                            | Green Beans & Sweetcorn                       | Peas & Baked Beans                                   |
| Pear & Berry Crumble with Custard                | Cinnamon Biscuit                    | Strawberry Jelly                              | Marble Sponge                                 | Eve's Pudding with Custard                           |
| or Fruit or Yoghurt                              | or Fruit or Cheese & Crackers       | or Fruit or Yoghurt                           | or Fruit or Cheese & Crackers                 | or Fruit or Yoghurt                                  |





Vegetarian



Plant Based Vegan Friendly







# HOT MEALS ARE BACK! INTRODUCING YOUR NEW MENU

## THANK YOU

This academic year has been like no other, which is why school lunches might have been a bit different recently. We'd like to say a big thank you for your support whilst we've been establishing the best approach for your school.

Where we've temporarily introduced packed lunches, we've been working hard behind the scenes to safely reintroduce hot meals.

We're now pleased to share the new menu with you, along with some of the great benefits school lunches can offer children and families!

## WELLFOR WINTER

Eating well helps to build and maintain healthy immune systems, which is why we think it's so important children can enjoy healthy, warming lunches at school, wherever possible.

We know it's a difficult time for most right now so want to highlight five ways school meals have the power to support you and your child this winter.



YOUR SCHOOL LUNCHES ARE:



**Click here for Meal Ordering** and Payment infomation



# SUPER SAFE



From implementing Covid-19 safety measures, to carefully catering for a range of special dietary needs, the safety of our people and diners is always our top priority. Our health and safety experts make sure our catering teams have everything they need to run a safe service each day and support them with risk assessments and regular service reviews.



Check out our 'back to school' quide for parents and carers to hear from our management and nutrition specialists.



# EVEN HEALTHIER - AND STILL DELICIOUS!

ON AVERAGE, WE'VE REDUCED THE SUGAR **IN OUR MENUS BY 30%** 



#### WE DON'T ADD ANY SALT TO **OUR RECIPES...**

We use herbs, lemon juice and other natural ingredients to add flavour.



#### THERE ARE NOW EVEN MORE **VEGGIES ON OUR MENUS**

We've committed to upping our veg count and are proud Peas Please pledgers. Find out more here!



#### WE'VE INTRODUCED MORE **PLANT-BASED OPTIONS**

So children have more choice when it comes to enjoying meatfree meals which can provide more fibre & less saturated fat!





# MADE FROM GREAT INGREDIENTS. BY AWESOME PEOPLE



Over 85% of our dishes are freshly prepared each day



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.



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.

Our experienced cooks are passionate about feeding hungry minds and supporting pupil wellbeing through engaging dining experiences.





...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 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.



CHICK HERE TO FIND **OUT HOW** MUCH YOU CAN SAVE

# TOP TIME SAVERS



Leave the challenge of creating exciting lunches every day to us save time on shopping and chopping!

### **CONTACT US:**

**Nutrition Guidance** 



**General Enquiries** 

#### **FOLLOW US:**



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