




**WEEK COMMENCING: 1<sup>ST</sup> & 22<sup>ND</sup> NOVEMBER, 13<sup>TH</sup> DECEMBER, 3<sup>RD</sup> & 24<sup>TH</sup> JANUARY, 7<sup>TH</sup> & 28<sup>TH</sup> MARCH**


**WEEK 1**


**MONDAY**

Margherita Pizza  with Potato Wedges


Shepherdess Pie  with Potato Wedges


Peas & Cauliflower 





Pear Crumble with Custard 


Strawberry or Peach Yoghurt 


**TUESDAY**


Cheese & Tomato Penne Pasta 

BBQ Chicken Pasta Bake 


Oven Baked Jacket Potato with Cheese , Baked Beans , Coleslaw  or Tuna Mayo 


Sweetcorn & Green Cabbage 


Fruity Flapjack 


Cheese & Crackers 


**WEDNESDAY**

Roasted Vegetarian Strips  with Roast Potatoes & Gravy


Roast Chicken with  Roast Potatoes & Gravy


Carrots & Broccoli 




Pineapple Upside Down Sponge with Custard 


Strawberry or Peach Yoghurt 


**THURSDAY**


Chickpea & Mixed Vegetable Curry with Rice 

Beef & Vegetable Stew with Rice 

Oven Baked Jacket Potato with Cheese , Baked Beans  or Coleslaw 

Green Beans & Carrots 


Pancakes with Berry Coulis 


Cheese & Crackers 


**FRIDAY**

Baked Bean & Cheese Puff  with Chips

Crumbed Fish Fingers with  Chunky Chips & Tomato Ketchup

Peas & Baked Beans 


Strawberry Frozen Yoghurt 


Strawberry or Peach Yoghurt 

**WEEK COMMENCING: 8<sup>TH</sup> & 29<sup>TH</sup> NOVEMBER, 10<sup>TH</sup> & 31<sup>ST</sup> JANUARY, 21<sup>ST</sup> FEBRUARY, 14<sup>TH</sup> MARCH**


**WEEK 2**

**MONDAY**

Vegetable Hotpot  with Potato Wedges


Margherita Pizza  with Potato Wedges


Sweetcorn & Green Beans 




Pear Crumble with Custard 


Strawberry or Peach Yoghurt 


**TUESDAY**

Vegetable & Lentil Bolognese with Penne Pasta 

Beef Bolognese  with Penne Pasta

Oven Baked Jacket Potato with Baked Beans , Cheese  or Salmon Mayo 

Peas & Cauliflower 





Carrot Cake 

Cheese & Crackers 


**WEDNESDAY**


Vegetable & Lentil Loaf  with Roast Potatoes & Gravy

Roast Chicken with  Roast Potatoes & Gravy


Oven Baked Jacket Potato with Cheese , Baked Beans , Coleslaw  or Tuna Mayo 


Carrots & Red Cabbage 





Orange Jelly & Mandarins 


Strawberry or Peach Yoghurt 


**THURSDAY**


Classic Macaroni Cheese 

Mild Chicken Curry with Steamed Rice 

Oven Baked Jacket Potato with Cheese , Baked Beans , Coleslaw  or Tuna Mayo 


Vegetable Medley 


Oat Dream Cookie 


Cheese & Crackers 


**FRIDAY**

Cheese, Tomato & Basil Pastry with Chips 

Crumbed Fish Fingers with  Chunky Chips & Tomato Ketchup

Peas & Baked Beans 

Chocolate & Orange Brownie 


Strawberry or Peach Yoghurt 


**WEEK COMMENCING: 15<sup>TH</sup> NOVEMBER, 6<sup>TH</sup> DECEMBER, 17<sup>TH</sup> JANUARY, 7<sup>TH</sup> & 28<sup>TH</sup> FEBRUARY, 21<sup>ST</sup> MARCH**


**WEEK 3**


**MONDAY**

Tomato, Lentil & Bean Pasta 

Margherita Pizza  with Potato Wedges

Peas & Carrots 





Marble Sponge 


Strawberry or Peach Yoghurt 


**TUESDAY**


Cheese & Onion Flan with New Potatoes 

Beef Cottage Pie 

Oven Baked Jacket Potato with Cheese , Baked Beans , Coleslaw  or Tuna Mayo 


Sweetcorn & Cauliflower 


Pear & Mixed Berry Pie & Custard 


Cheese & Crackers 


**WEDNESDAY**

BBQ Vegetable Strips with  Roast Potatoes & Gravy


Roast Chicken with  Roast Potatoes & Gravy


Carrots & Broccoli 




Strawberry Jelly 


Strawberry or Peach Yoghurt 


**THURSDAY**


Quorn Sausage with  Mashed Potato & Gravy

Chicken Sausages with  Mashed Potato & Gravy


Oven Baked Jacket Potato with Cheese , Baked Beans  or Coleslaw 


Green Beans & White Cabbage 



Iced Bun 


Cheese & Crackers 


**FRIDAY**


Quorn Nuggets with  Chunky Chips & Tomato Ketchup

Crumbed Fish Fingers with  Chunky Chips & Tomato Ketchup

Oven Baked Jacket Potato with Cheese  or Coleslaw 

Peas & Baked Beans 

Apple Crumble with Custard 

Strawberry or Peach Yoghurt 

**KEY**



**Vegetarian**



**Plant Based  
Vegan Friendly**



**Halal Option  
Available**

proudly supporting



**Sustainably  
Caught Fish**

# YOUR SCHOOL LUNCHES ARE:

## DELICIOUSLY HEALTHY CHOICES

### This Term Features...

#### 20 NEW SALADS!

Did you know pupils get to choose from a selection of five salads every day? We've just made the salad bar even tastier with these additional options!

#### WASTE-LESS RECIPES

Ensuring our menus are as sustainable as possible is important to us, which is why we're introducing recipes that minimise food waste and use up 'left over' ingredients. Here's an example! Why not give it a go?



Charlotte Quick, Company Nutritionist, explains a little about how we build our menus

WE HAVE INCREASED THE NUMBER OF PLANT BASED DISHES ON OUR MENUS BY 20%



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 even more and are proud Peas Please pledgers. Find out more here!



## INTRODUCING YOUR NEW MENU

Welcome to your new menu, which has been created so your child can enjoy a delicious, balanced school lunch every day. On this page you'll find some of our dedicated experts talking about how we design, cook and serve our meals. All our menus aim to offer great value, meet school food standards and are at the heart of the exciting food experiences we strive to create for our young diners.

Thank you and please get in touch if you have any questions or suggestions!



Click here for meal ordering and payment information

## 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.



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

OVER 80% OF OUR DISHES ARE FRESHLY PREPARED EACH DAY

ALL OF THE EGGS WE USE ARE FREE RANGE & RSPCA ASSURED

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

Click on the video to hear from Jane and Duncan, two of our awesome chefs, as they prepare one of our delicious recipes!



## 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

### CONTACT US:



Payments and Meal Ordering



Nutrition Guidance



General Enquiries

### FOLLOW US:



@ISS\_Education



Feeding Hungry Minds

CLICK HERE TO VISIT OUR WEBSITE