

Week Commencing: 31 OCT / 21 NOV / 12 DEC / 2, 23 JAN / 13 FEB / 6, 27 MAR

WEEK 1

Monday

Margherita Pizza with Wedges
 Roast Vegetable Cous Cous
 Peas & Sweetcorn
 Pear Crumble with Custard

Tuesday

Beef Bolognese with Pasta
 Halal Beef Bolognese with Pasta
 Tomato, Lentil & Bean Pasta
 Green Beans & Cauliflower
 Cinnamon Biscuit

Wednesday

Roast Turkey with Roast Potatoes & Gravy
 Halal Roast Turkey with Roast Potatoes & Gravy
 Cheese & Onion Flan with Roast Potatoes
 Jacket Potato - Bean /Cheese/Tuna Mayo/Coleslaw
 Carrots & Broccoli
 Fruity Flapjack

Thursday

Chicken & Sweetcorn Meatballs In Tomato Sauce
 Halal Chicken & Sweetcorn Meatballs In Sauce
 Vegetable Chow Mein
 Jacket Potato - Bean/Cheese/Salmon/Coleslaw
 Green Cabbage & Sweetcorn
 Eves Pudding with Custard

Friday

Fish Fingers & Chips
 Battered Fish & Chips
 Jacket Potato with Baked Beans
 Jacket Potato with Cheese
 Peas & Baked Beans
 Frosted Carrot Cake

Key



Vegetarian



Plant Based
Vegan Friendly



Sustainably
Caught Fish

Week Commencing: 7, 28 NOV / 19 DEC / 9, 30 JAN / 20 FEB / 13 MAR / 3 APR

WEEK 2

Monday

Margherita Pizza with Wedges
 Shepherdess Pie with Wedges
 Peas & Sweetcorn
 Frozen Toffee Yoghurt

Tuesday

Savoury Minced Beef & Vegetables Stew with Rice
 Halal Savoury Minced Beef & Vegetables Stew
 Vegetable & Lentil Bolognese with Pasta
 Jacket Potato - Bean /Cheese/Tuna Mayo/Coleslaw
 Vegetable Medley
 Chocolate & Beetroot Brownie

Wednesday

Roast Chicken with Roast Potatoes & Gravy
 Halal Roast Chicken with Roast Potatoes & Gravy
 Roasted Soya Strips with Roast Potatoes & Gravy
 Jacket Potato - Bean /Cheese/Tuna Mayo/Coleslaw
 Carrots & White Cabbage
 Orange Jelly & Madarins

Thursday

Singapore Chicken Noodles
 Halal Singapore Chicken Noodles
 Macaroni Cheese
 Sweetcorn & Cauliflower
 Oat Dream Cookie

Friday

Fish Fingers & Chips
 Cheese, Tomato & Basil Pastry with Chips
 Jacket Potato with Baked Beans
 Peas & Baked Beans
 Apple Crumble with Custard

Week Commencing: 14 NOV / 5 DEC / 16 JAN / 6, 27 FEB / 20 MAR

WEEK 3

Monday

Margherita Pizza with Wedges
 Vegetable Chilli with Rice
 Peas & Carrots
 Apple & Banana Cake

Tuesday

Chicken Curry with Rice & Cucumber Raita
 Halal Chicken Curry with Rice & Cucumber Raita
 Chickpea, Mixed Vegetable Rice with Cucumber Raita
 Jacket Potato - Bean /Cheese/Tuna Mayo/Coleslaw
 Broccoli & Sweetcorn
 Oat & Sultana Biscuit

Wednesday

Roast Turkey with Roast Potatoes & Gravy
 Halal Roast Turkey with Roast Potatoes & Gravy
 Baked Bean and Cheese Puff with Roast Potatoes
 Jacket Potato - Bean /Cheese/Tuna Mayo/Coleslaw
 Carrots & Cauliflower
 Pear & Chocolate Sponge with Custard

Thursday

Beef Lasagne
 Halal Beef Lasagne
 Cheese & Tomato Pasta
 Green Cabbage & Sweetcorn
 Lemon & Courgette Muffin

Friday

Fish Fingers & Chips
 Quorn Burger in a Bun with Chips
 Jacket Potato with Baked Beans
 Peas & Baked Beans
 Strawberry Jelly & Ice Cream

WHY NOT TRY ONE OF THE RECIPES AT HOME?

Spaghetti Bolognese is a family favourite, this recipe although just as popular has all those extra benefits - healthier for you & the planet!



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.

CONTACT US:

✉ Payments and Meal Ordering

✉ Nutrition Guidance



Welcome to our healthiest menu yet!

We've been working hard to continue to improve our recipes so they're just as 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 borlotti 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 A PORTION

CLICK HERE TO VISIT OUR WEBSITE



Feeding Hungry Minds

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