

WEEK COMMENCING: 25TH APRIL, 16TH MAY, 6TH 27TH JUNE, 18TH JULY, 19TH SEPT, 10TH OCT

WEEK 1

MONDAY

- Mixed Vegetable Spicy Rice
- Beef Burger in a Bun with Potato Wedges
- Jacket Potato & Cheese or Baked Beans
- Seasonal Vegetables

TUESDAY

- Quorn Meatballs in Tomato Sauce, Pasta & Garlic Bread
- Cottage Pie
- Jacket Potato & Cheese or Tuna Mayo
- Seasonal Vegetables

WEDNESDAY

- Cheese & Onion Quiche with Roast Potatoes
- Roast Pork, Yorkshire Puddings, Roast Potatoes & Gravy
- Jacket Potato & Cheese or Baked Beans
- Seasonal Vegetables

THURSDAY

- Vegetable Stirfry with Noodles or Rice
- Margherita Pizza
- Jacket Potato & Cheese or Baked Beans
- Seasonal Vegetables

FRIDAY

- Cheese & Leek Pasty & Chips
- Fish Fingers & Chips
- Jacket Potato & Baked Beans or Tuna Mayo
- Seasonal Vegetables

WEEK COMMENCING: 2ND, 23RD MAY, 13TH JUNE, 4TH 25TH JULY, 5TH 26TH SEPT, 17TH OCT

WEEK 2

MONDAY

- Tomato & Herb Puff with Potato wedges
- Quorn Burger & Potato Wedges
- Jacket Potato & Baked Beans or Tuna Mayo
- Seasonal Vegetables

TUESDAY

- Vegetable Lasagne
- Sausage with Mashed Potato & Gravy
- Jacket Potato & Cheese or Baked Beans
- Seasonal Vegetables

WEDNESDAY

- Sweet Potato & Pepper Fittata with New Potatoes
- Roast Gammon, Yorkshire Puddings, New Potatoes & Gravy
- Jacket Potato & Cheese or Tuna Mayo
- Seasonal Vegetables

THURSDAY

- Vegetable Bolognese with Pasta
- Margherita Pizza
- Jacket Potato & Baked Beans or Tuna Mayo
- Seasonal Vegetables

FRIDAY

- Macaroni Cheese
- Battered Fish & Chips
- Jacket Potato & Cheese or Tuna Mayo
- Seasonal Vegetables

WEEK COMMENCING: 9TH 30TH MAY, 20TH JUNE, 11TH JULY, 1ST AUG, 12TH SEPT, 3RD, 24TH OCT

WEEK 3

MONDAY

- Quorn Hot Dogs with Potato Wedges
- Margherita Pizza
- Jacket Potato & Baked Beans or Tuna Mayo
- Seasonal Vegetables

TUESDAY

- Tomato Pasta Bake with Garlic Bread
- Meat & Potato Pie, Boiled Potatoes & Gravy
- Jacket Potato & Cheese or Baked Beans
- Seasonal Vegetables

WEDNESDAY

- Cheese & Bean Wrap
- Roast Turkey Yorkshire Puddings, Stuffing, Roast Potatoes & Gravy
- Jacket Potato & Baked Beans or Tuna Mayo
- Seasonal Vegetables

THURSDAY

- Sweet Potato Curry with Rice
- All Day Breakfast
- Jacket Potato & Cheese or Baked Beans
- Seasonal Vegetables

FRIDAY

- Vegetable Gratin Served with Chips
- Fish Fingers & Chips
- Jacket Potato & Cheese or Tuna Mayo
- Seasonal Vegetables

KEY



Vegetarian



Plant Based Vegan Friendly



Sustainably Caught Fish

AVAILABLE DAILY



A choice of Filled Sandwiches



Unlimited Salad Bar



A choice of Fresh Fruit

BETTER FOR YOU, BETTER FOR THE PLANET

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

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

 [CLICK HERE TO VISIT OUR WEBSITE](#)

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**