

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

WEEK 1

MONDAY

Chickpea & Mixed Vegetable
Spicy Rice

Quorn Meatballs in
Tomato Sauce & Pasta

Jacket Potato & Cheese, Baked
Beans, Coleslaw or Tuna Mayo

Seasonal Vegetables

Golden Crispy Cake

TUESDAY

Margherita Pizza

Beef Lasagne
& Garlic Bread

Jacket Potato & Cheese, Baked
Beans, Coleslaw or Tuna Mayo

Seasonal Vegetables

Eves Pudding & Custard

WEDNESDAY

Cheese & Onion Quiche
with Roast Potatoes

Roast Chicken,
Yorkshire Puddings,
Roast Potatoes & Gravy

Jacket Potato & Cheese, Baked
Beans, Coleslaw or Tuna Mayo

Seasonal Vegetables

Ice Cream with Peaches
& Fruit Melba Sauce

THURSDAY

Cheese & Leek Pasty
with Chips

Fish Fingers & Chips

Jacket Potato & Cheese, Baked
Beans, Coleslaw or Tuna Mayo

Seasonal Vegetables

Jam & Coconut Sponge
with Custard

FRIDAY

Quorn Burger, Potato Wedges
with Tomato Sauce

Beef Burger, Potato Wedges
with Tomato Sauce

Jacket Potato & Cheese, Baked Beans,
Coleslaw, Tuna or Salmon Mayo

Seasonal Vegetables

Chocolate Brownie

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

WEEK 2

MONDAY

Tomato & Herb Puff
with Potato wedges

Macaroni Cheese

Jacket Potato & Cheese, Baked
Beans, Coleslaw or Tuna Mayo

Seasonal Vegetables

Chocolate Shortbread

TUESDAY

Quorn Sausage with Mashed Potato
& Gravy

Sausage with Mashed Potato
& Gravy

Jacket Potato & Cheese, Baked
Beans, Coleslaw or Tuna Mayo

Seasonal Vegetables

Peach & Cherry Cobbler
with Custard

WEDNESDAY

Sweet Potato & Pepper Fittata
with New Potatoes

Roast Chicken
or Roast Gammon Yorkshire Puddings,
New Potatoes & Gravy

Jacket Potato & Cheese, Baked
Beans, Coleslaw or Tuna Mayo

Seasonal Vegetables

Strawberry Vanilla
Frozen Mousse

THURSDAY

Quorn Burger in a Bun
with Chips

Battered Fish & Chips

Jacket Potato & Cheese, Baked
Beans, Coleslaw or Tuna Mayo

Seasonal Vegetables

Pineapple Upside Down Sponge

FRIDAY

Vegetable & Lentil Bolognese
with Pasta

Chicken & Sweetcorn Pizza

Jacket Potato & Cheese, Baked Beans,
Coleslaw, Tuna or Salmon Mayo

Seasonal Vegetables

Lemon Courgette Muffin

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

Tomato Pasta Bake
with Garlic Bread

Jacket Potato & Cheese, Baked
Beans, Coleslaw or Tuna Mayo

Seasonal Vegetables

Apple Strudel

TUESDAY

Margherita Pizza

Meat & Potato Pie
Boiled Potatoes & Gravy

Jacket Potato & Cheese, Baked
Beans, Coleslaw or Tuna Mayo

Seasonal Vegetables

Chocolate Sponge
with Chocolate Sauce

WEDNESDAY

Cheese & Bean Wrap

Roast Turkey Yorkshire Puddings
Roast Potatoes & Gravy

Jacket Potato & Cheese, Baked
Beans, Coleslaw or Tuna Mayo

Seasonal Vegetables

Peach Fool

THURSDAY

Sweet Potato & Lentil
Curry with Rice

All Day Breakfast

Jacket Potato & Cheese, Baked
Beans, Coleslaw or Tuna Mayo

Seasonal Vegetables

Sticky Toffee Pudding
& Custard

FRIDAY

Vegetable & Butterbean Gratin
with Chips

Fish Fingers & Chips

Jacket Potato & Cheese, Baked Beans,
Coleslaw, Tuna or Salmon Mayo

Seasonal Vegetables

American Pancake
with Red Berry Sauce

KEY



Vegetarian



Plant Based
Vegan Friendly



Halal Option
Available



Sustainably
Caught Fish

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 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

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



CLICK HERE TO VISIT OUR WEBSITE