





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

WEEK 1

Monday

Quorn Nuggets with Wedges 
 Vegetable & Bean Bolognese with Pasta 
 Jacket Potato - Beans /Cheese/Tuna Mayo/Coleslaw
 Seasonal Vegetables 
 Apple Sponge with Custard 


Tuesday

Cheese & Tomato Panini 
 Beef Lasagne with Garlic Bread
 Halal Beef Lasagne with Garlic Bread
 Jacket Potato - Beans /Cheese/Tuna Mayo/Coleslaw
 Seasonal Vegetables 
 Chocolate Brownie 

Wednesday

Vegetable Paella 
 Roast Turkey, Yorkshire Pudding, Boiled Potatoes
 Halal Roast Turkey, Yorkshire Pudding, Boiled Pota
 Jacket Potato - Beans /Cheese/Tuna Mayo/Coleslaw
 Seasonal Vegetables 
 Jam Roll with Custard 

Thursday

Vegetarian Korma with Rice 
 Sausage & Mash Potato with Gravy
 Halal Sausage & Mash Potato with Gravy
 Jacket Potato - Beans /Cheese/Tuna Mayo/Coleslaw
 Seasonal Vegetables 
 Pear & Chocolate Sponge with Choc Sauce 

Friday

Cheese & Onion Pasty 
 Fish Fingers & Chips 
 Jacket Potato - Beans /Cheese/Tuna Mayo/Coleslaw
 Seasonal Vegetables 
 Carrot & Orange Muffin 

Key



Vegetarian



Plant Based
Vegan Friendly



Sustainably
Caught Fish

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

WEEK 2

Monday

Roasted Vegetable & Lentil Loaf 
 Margherita Pizza 
 Jacket Potato - Beans /Cheese/Tuna Mayo/Coleslaw
 Seasonal Vegetables 
 Peaches & Fruit Melba Sauce with Ice Cream




Tuesday

Cheese & Baked Bean Wrap 
 Beef Chilli Con Carne with Rice
 Halal Beef Chilli Con Carne with Rice
 Jacket Potato - Beans /Cheese/Tuna Mayo/Coleslaw
 Seasonal Vegetables 
 Coconut & Pineapple Sponge 




Wednesday

Cauliflower & Broccoli Cheese Bake 
 Roast Pork with Yorkshire Pudding, Roast Potatoes
 Halal Roast Chicken, Yorkshire Pudding, Roast Pota
 Jacket Potato - Beans /Cheese/Tuna Mayo/Coleslaw
 Seasonal Vegetables 
 Marble Sponge with Chocolate Sauce 

Thursday

Roast Vegetable Cous Cous with Flat Bread 
 Chicken Meatballs in Tomato Sauce with Pasta
 Halal Chicken Meatballs in Tomato Sauce with Pasta
 Jacket Potato - Beans /Cheese/Tuna Mayo/Coleslaw
 Seasonal Vegetables 
 Rice Pudding with Peaches 

Friday

Winter Vegetable Turnover 
 Battered Fish & Chips 
 Jacket Potato - Beans /Cheese/Tuna Mayo/Coleslaw
 Seasonal Vegetables 
 Chocolate Muffin with Fudge Topping 

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

WEEK 3

Monday

Tomato, Lentil & Cheese Pasta Bake 
 Vegetable Biryani 
 Jacket Potato - Beans /Cheese/Tuna Mayo/Coleslaw
 Seasonal Vegetables 
 Apple Crumble with Custard 

Tuesday

Quorn Hotdog 
 Chicken Casserole with Dumplings
 Halal Chicken Casserole with Dumplings
 Jacket Potato - Beans /Cheese/Tuna Mayo/Coleslaw
 Seasonal Vegetables 
 Chocolate Shortbread Cookie 





Wednesday

Shepherdess Pie 
 Roast Beef, Yorkshire Pudding & Roast Potatoes
 Halal Beef, Yorkshire Pudding & Roast Potatoes
 Jacket Potato - Beans /Cheese/Tuna Mayo/Coleslaw
 Seasonal Vegetables 
 Iced Vanilla Sponge 

Thursday

Macaroni Cheese 
 Sausage Roll
 Halal Sausage Roll
 Jacket Potato - Beans /Cheese/Tuna Mayo/Coleslaw
 Seasonal Vegetables 
 Syrup Sponge with Custard 

Friday

Vegetable Hotpot 
 Fish Fingers & Chips 
 Jacket Potato - Beans /Cheese/Tuna Mayo/Coleslaw
 Seasonal Vegetables 
 Berry Jelly 

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