

WEEK COMMENCING: 01 - NOV / 22 - NOV / 13 - DEC / 03 - JAN / 24 - JAN / 07 - MAR / 28 - MAR

WEEK 1

MONDAY

Chickpea & Mixed Vegetable  
Balti with Rice



Jacket Potato with Cheese  
Baked Beans, Tuna or Coleslaw



BBQ Chicken Pasta Bake



Green Beans & Sweetcorn



Fresh Fruit Platter



TUESDAY

Jacket Potato with Cheese  
Baked Beans, Tuna or Coleslaw



Vegetable Lasagne



Beef Spaghetti Bolognese



Carrots & Broccoli



Fresh Fruit Platter



WEDNESDAY

Tomato, Lentil & Bean Pasta



Jacket Potato with Cheese  
Baked Beans, Tuna or Coleslaw



Roast Turkey  
with Gravy & Roast Potatoes



Roasted Mediterranean  
Vegetables



Fresh Fruit Platter



THURSDAY

Jacket Potato with Cheese  
Baked Beans, Tuna or Coleslaw



Red Onion  
& Sweetcorn Pizza



Sausage & Apple Plait



Sweetcorn & Apple Slaw



Fresh Fruit Platter



FRIDAY

Jacket Potato with Cheese  
Baked Beans, Tuna or Salmon  
or Coleslaw



Goan Vegetable Curry  
with Rice



Fish Fingers with Chips



Peas & Baked Beans



Fresh Fruit Platter



WEEK COMMENCING: 08 - NOV / 29 - NOV / 10 - JAN / 31 - JAN / 21 - FEB / 14 - MAR

WEEK 2

MONDAY

Jacket Potato with Cheese  
Baked Beans, Tuna or Coleslaw



Honey & Ginger Veggie Strips  
Stir Fry with Noodles



Moroccan Beef  
with Couscous



Peas & Cauliflower



Fresh Fruit Platter



TUESDAY

Shepherdess Pie  
with Sweet Potato Topping



Jacket Potato with Cheese  
Baked Beans, Tuna or Coleslaw



Chicken & Sweetcorn  
Meatball Sub in Tomato Sauce



Swede & Carrots



Fresh Fruit Platter



WEDNESDAY

Jacket Potato with Cheese  
Baked Beans, Tuna or Coleslaw



Macaroni Cheese



Roast Beef  
with Gravy & Roast Potatoes



Green Cabbage  
& Sweetcorn



Fresh Fruit Platter



THURSDAY

Jacket Potato with Cheese  
Baked Beans, Tuna or Coleslaw



Margherita Pizza



Chicken & Leek  
Wholemeal Pastry Pie



Broccoli & Runner  
Bean Slaw



Fresh Fruit Platter



FRIDAY

Falafel & Salad Burger  
with Chips



Jacket Potato with Cheese  
Baked Beans, Tuna or Coleslaw



Battered Pollock  
& Chips



Peas & Baked Beans



Fresh Fruit Platter



WEEK COMMENCING: 15 - NOV / 06 - DEC / 17 - JAN / 07 - FEB / 28 - FEB / 21 - MAR

WEEK 3

MONDAY

Piri Piri Veggies Strip Wrap



Jacket Potato with Cheese  
Baked Beans, Tuna or Coleslaw



Thai Green Quorn  
& Vegetable Curry with Rice



Green Beans & Carrots



Fresh Fruit Platter



TUESDAY

Jacket Potato with Cheese  
Baked Beans, Tuna or Coleslaw



Quorn Sausage  
& Gravy with Mashed Potato



Chicken Sausage  
& Gravy with Mashed Potato



Sweetcorn & Broccoli



Fresh Fruit Platter



WEDNESDAY

Butterbean & Vegetable  
Pattie with Roast Potatoes



Jacket Potato with Cheese  
Baked Beans, Tuna or Coleslaw



Roast Lemon & Garlic Chicken  
Thigh with Roast Potatoes & Gravy



Roasted Mediterranean  
Vegetables



Fresh Fruit Platter



THURSDAY

Jacket Potato with Cheese  
Baked Beans, Tuna or Coleslaw



Roasted Vegetable Pizza



Cottage Pie



Roasted Cauliflower &  
Fruity Slaw



Fresh Fruit Platter



FRIDAY

Jacket Potato with Cheese  
Baked Beans, Tuna or Coleslaw



Roast Vegetable Calzone



Breaded Pollock  
with Chips



Peas & Baked Beans



Fresh Fruit Platter



KEY



Vegetarian



Plant Based  
Vegan Friendly



Halal Option  
Available



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

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

Check out this tasty sweet potato, lentil and chickpea curry recipe!

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!



CHOOSING FREE SCHOOL MEALS  
All Children in key stage 1 & 2 are entitled to free school meals



OUR MEALS OFFER GREAT VALUE  
Few places offer homemade two course meals made from great ingredients

Sophie Crosswaite, Nutritionist, shares her thoughts on the value of school lunches



### CONTACT US:



Payments and Meal Ordering



Nutrition Guidance



General Enquiries

### FOLLOW US:



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Feeding Hungry Minds

CLICK HERE TO VISIT OUR WEBSITE