

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 , Baked  
Beans , Coleslaw  or Tuna Mayo 

Seasonal Vegetables 

Golden Crispy Cake 

### TUESDAY

Quorn Meatballs in Tomato  
Sauce, Pasta & Garlic Bread 

Cottage Pie

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

Seasonal Vegetables 

Eves Pudding & Custard 

### WEDNESDAY

Cheese & Onion Quiche  with Roast Potatoes

Roast Pork, Yorkshire Puddings,  
Roast Potatoes & Gravy

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



Seasonal Vegetables 

Ice Cream with Peaches  
& Fruit Melba Sauce 

### THURSDAY

Vegetable Stirfry  
with Noodles  or Rice 

Margherita Pizza

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

Seasonal Vegetables 

Jam & Coconut Sponge  
with Custard 

### FRIDAY

Cheese & Leek Pasty  
& Chips 

Fish Fingers & Chips 

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

Seasonal Vegetables 

Chocolate Brownie 

KEY



Vegetarian



Plant Based  
Vegan Friendly




Sustainably  
Caught Fish




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 & Cheese , Baked  
Beans , Coleslaw  or Tuna Mayo 

Seasonal Vegetables 

Chocolate Shortbread 

### TUESDAY

Vegetable Lasagne 

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 Gammon, Yorkshire Puddings,  
New Potatoes & Gravy

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

Seasonal Vegetables 

Strawberry Vanilla  Frozen Mousse

### THURSDAY

Vegetable Bolognese  with Pasta

Chicken & Sweetcorn Pizza


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





Seasonal Vegetables 

Pineapple Upside Down Sponge 

### FRIDAY

Macaroni Cheese 

Battered Fish & Chips 

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


Seasonal Vegetables 

Lemon Courgette Muffins 





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 & Cheese , Baked  
Beans , Coleslaw  or Tuna Mayo 



Seasonal Vegetables 

Apple Strudel 

### TUESDAY

Tomato Pasta Bake  with Garlic Bread

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,  
Stuffing, Roast Potatoes & Gravy

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


Seasonal Vegetables 

Peach Fool 

### THURSDAY

Sweet Potato Curry  with Rice 

All Day Breakfast

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





Seasonal Vegetables 

Sticky Toffee Pudding  & Custard


### FRIDAY

Vegetable Gratin, Chips 

Fish Fingers & Chips 

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

Seasonal Vegetables 

American Pancake  with Red Berry Sauce

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 CO<sub>2</sub>  
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