

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

WEEK 1

### MONDAY

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 Meatball in Tomato  
Sauce, Pasta & Garlic Bread 🌱

Cottage Pie

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

Seasonal Vegetables 🌱

Apple Sponge and 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

Cheesy 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 2

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

### MONDAY

Tomato & Herb Puff  
with Potato Wedges 🌱

Quorn Korma 🌱  
served with Rice

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 🌱

Fruit Cobbler & 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 🌱

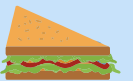
Battered Fish & Chips 🐟

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

Seasonal Vegetables 🌱

Lemon Muffins 🌱

AVAILABLE  
DAILY



A choice  
of Filled  
Sandwiches



Unlimited  
Salad Bar



A choice of  
Fresh Fruit

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

### 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,  
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

WEEK 3

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!



CLICK HERE  
TO VISIT OUR  
WEBSITE

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

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