

WEEK COMMENCING: 02 Nov / 23 Nov / 14 Dec / 04 Jan / 25 Jan / 08 Mar / 29 Mar

WEEK 1

MONDAY

Chicken & Pasta 
in Creamy Sauce


Mozzarella & Tomato Puff 
Squares with Boiled Potatoes


Spinach & Lentil Dahl 
with Rice

Sweetcorn & Broccoli

Yoghurt or Fruit Platter

TUESDAY

Beef Hotpot 
with Garlic Bread

Roast Vegetable Calzone 

Chickpea & Mixed 
Vegetable Spicy Rice

Peas & Cauliflower

Yoghurt Bar

WEDNESDAY

Roast Chicken Breast
with Roast Potatoes & Gravy



Cheese & Tomato 
Pasta Bake


Roasted Vegetarian Strips 
with Gravy & Roast Potatoes


Carrots & Green Beans

Oaty Apple & Berry Crumble
with Custard

THURSDAY

Meat Feast Pizza  


Margherita Pizza 


Jacket Potato 
with Vegetable Chilli


Roasted Mediterranean
Vegetables & Sweetcorn

Yoghurt or Fruit Platter

FRIDAY

Fish Fingers & Chips 

Spicy Bean Burger 
in a Bun with Chips

Mexican Rice Wrap 

Peas & Baked Beans

Fresh Fruit Salad

KEY



Vegetarian



Plant Based
Vegan Friendly



Organic



MSC Fish



Free Range

WEEK COMMENCING: 09 Nov / 30 Nov / 11 Jan / 01 Feb / 22 Feb / 15 Mar

WEEK 2

MONDAY

Honey & Ginger Vegetable 
Strips Stir Fry with Noodles


Quorn Paella 


Jacket Potato 
with Ratatouille


Carrots & Vegetable Medley

Yoghurt or Fruit Platter

TUESDAY

Kheema Beef Curry 
with Rice

Vegetable Lasagne 

Vegetarian 'Chicken' Style 
Piri Piri Strips Wrap

Green Beans & Cauliflower

Yoghurt Bar

WEDNESDAY

Roast Turkey with Gravy
& Roast Potatoes

Macaroni Cheese 

Butterbean & Vegetable 
Pattie & Roast Potatoes

Carrots & Green Cabbage

Pear & Mixed Berry Pie
with Custard

THURSDAY

Thai Red Chicken 
Curry with Rice

Roasted Vegetable Pizza 

Chickpea & Mixed 
Vegetable Balti with Rice

Sweetcorn & Broccoli

Yoghurt or Fruit Platter

FRIDAY

Battered Pollock & Chips 
with Tartare Sauce

Quorn Frankfurter Hot Dog 
with Chips

Mixed Vegetable & Butter 
Bean Ragu with New Potatoes

Peas & Baked Beans

Fresh Fruit Salad

WEEK COMMENCING: 16 Nov / 07 Dec / 18 Jan / 08 Feb / 01 Mar / 22 Mar

WEEK 3

MONDAY

Beef Spaghetti Bolognese 

Tuna Mayonnaise Wrap

Butterbean & Vegetable 
Tagine with Couscous

Carrots & Green Beans

Yoghurt or Fruit Platter

TUESDAY

Chicken Sausage
with Mashed Potato & Gravy

Quorn Sausage 
with Mashed Potato & Gravy

Jacket Potato with Vegetable 
& Lentil Bolognese

Green Cabbage & Cauliflower

Yoghurt Bar

WEDNESDAY

Roast Beef with Gravy
& Roast Potatoes

Quorn Roast with Gravy 
& Roast Potatoes

Goan Vegetable Curry 
with Rice

Carrots & Broccoli

Apple & Banana Cake
with Custard

THURSDAY

Jerk Chicken 
& Rice Burrito


Red Onion 
& Sweetcorn Pizza


Vegetable Hotpot 

Sweetcorn & Roasted
Mediterranean Vegetables

Yoghurt or Fruit Platter

FRIDAY

Breaded Pollock 
& Chips

Cheese & Broccoli Quiche 
with Chips

Jacket Potato
with Salmon Mayonnaise

Peas & Baked Beans

Fresh Fruit Salad

DID YOU KNOW?



All our Flour,
Milk & Pasta
is Organic.
We also serve
individual Yeo
Valley Yoghurt
pots daily.

HOT MEALS ARE BACK!

INTRODUCING YOUR NEW MENU

THANK YOU

This academic year has been like no other, which is why school lunches might have been a bit different recently. We'd like to say a big thank you for your support whilst we've been establishing the best approach for your school.

Where we've temporarily introduced packed lunches, we've been working hard behind the scenes to safely reintroduce hot meals.

We're now pleased to share the new menu with you, along with some of the great benefits school lunches can offer children and families!

WELL FOR WINTER

Eating well helps to build and maintain healthy immune systems, which is why we think it's so important children can enjoy healthy, warming lunches at school, wherever possible.

We know it's a difficult time for most right now so want to highlight five ways school meals have the power to support you and your child this winter.



Feeding Hungry Minds

CLICK HERE
TO VISIT OUR
WEBSITE

YOUR SCHOOL LUNCHES ARE:

1 SUPER SAFE



From implementing Covid-19 safety measures, to carefully catering for a range of special dietary needs, the safety of our people and diners is always our top priority. Our health and safety experts make sure our catering teams have everything they need to run a safe service each day and support them with risk assessments and regular service reviews.



Check out our 'back to school' guide for parents and carers to hear from our management and nutrition specialists.

2 MADE FROM GREAT INGREDIENTS, BY AWESOME PEOPLE



Over 85% of our dishes are freshly prepared each day



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.



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.

Our experienced cooks are passionate about feeding hungry minds and supporting pupil wellbeing through engaging dining experiences.



3 EVEN HEALTHIER – AND STILL DELICIOUS!

ON AVERAGE, WE'VE
REDUCED THE SUGAR
IN OUR MENUS BY 30%



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 and are proud
Peas Please pledgers.
Find out more here!



WE'VE INTRODUCED MORE
PLANT-BASED OPTIONS

So children have more choice
when it comes to enjoying meat-
free meals which can provide
more fibre & less saturated fat!



4 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 – 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.



CLICK HERE
TO FIND
OUT HOW
MUCH YOU
CAN SAVE

5 TOP TIME SAVERS



Leave the challenge of creating
exciting lunches every day to us –
save time on shopping and chopping!

CONTACT US:



Payments and Meal Ordering

Nutrition Guidance



General Enquiries

FOLLOW US:



@ISS_Education



@ISSFoodServices