





WEEK COMMENCING: 1ST & 22ND NOV / 13TH DEC / 3RD & 24TH JAN / 14TH FEB / 7TH & 28TH MAR

WEEK 1

MONDAY

Vegetable Quesadillas 

Chicken Pasta Bake

Jacket Potato & Cheese  Baked Beans  Coleslaw  or Tuna Mayo 





Seasonal Vegetables 

Iced Sponge 


TUESDAY

Macaroni Cheese 

All Day Breakfast

Jacket Potato & Cheese  Baked Beans  Coleslaw  or Tuna Mayo 





Seasonal Vegetables 

Apple Pie with  Custard or Ice Cream

WEDNESDAY

Three Bean Casserole  with Potatoes


Roast Turkey with Yorkshire Pudding, Gravy & Roast Potatoes

Jacket Potato & Cheese  Baked Beans  Coleslaw  or Tuna Mayo 





Seasonal Vegetables 

Strawberry & Vanilla Cookie 

THURSDAY

Chickpea & Mixed Veg Balti  with Rice

Meatfeast Pizza with Potato Wedges

Jacket Potato & Cheese  Baked Beans  Coleslaw  or Tuna Mayo 





Seasonal Vegetables 

Syrup Sponge with  Custard

FRIDAY

Quorn Nuggets  with Chips

Fish Fingers & Chips with Tomato Ketchup 

Jacket Potato & Cheese  Baked Beans  Coleslaw  Tuna or Salmon Mayo 

Seasonal Vegetables 

Pear & Chocolate Cake 

KEY



Vegetarian



Plant Based  
Vegan Friendly




Sustainably  
Caught Fish





WEEK COMMENCING: 8TH & 29TH NOV / 10TH & 31ST JAN / 14TH MAR / 4TH APR

WEEK 2

MONDAY

Quorn Burger with Potatoes 

Margherita Pizza with Potato Wedges

Jacket Potato & Cheese  Baked Beans  Coleslaw  or Tuna Mayo 





Seasonal Vegetables 

Marble Sponge Traybake  with Custard

TUESDAY

Cheese & Tomato Pasta 

Chicken Curry with Rice

Jacket Potato & Cheese  Baked Beans  Coleslaw  or Tuna Mayo 





Seasonal Vegetables 

Jelly & Mandarins 

WEDNESDAY

Cheese & Onion Pasty  with Roast Potatoes

Roast Gammon, Yorkshire Pudding, Gravy & Roast Potatoes

Jacket Potato & Cheese  Baked Beans  Coleslaw  or Tuna Mayo 


Seasonal Vegetables 

Apple Cracknell 

THURSDAY

Vegetable & Lentil Bolognese  with Garlic Bread

Fish Fingers & Chips with Tomato Ketchup 

Jacket Potato & Cheese  Baked Beans  Coleslaw  or Tuna Mayo 





Seasonal Vegetables 

Chocolate Sponge & Choc Sauce 


FRIDAY

Sweet Potato & Lentil Curry  with Rice

Beef Burger in a Bun with Wedges

Jacket Potato & Cheese  Baked Beans  Coleslaw  Tuna or Salmon Mayo 

Seasonal Vegetables 

Lemon & Courgette Muffin 





WEEK COMMENCING: 15TH NOV / 6TH DEC / 17TH JAN / 7TH & 28TH FEB / 21ST MAR

WEEK 3

MONDAY

Shepherdess Pie 

Sausage in a Roll with Potatoes

Jacket Potato & Cheese  Baked Beans  Coleslaw  or Tuna Mayo 





Seasonal Vegetables 

Yorkshire Mess  Fruit Fool Yoghurt & Shortbread

TUESDAY

Cheese Quiche  with Chips

Fish Fingers & Chips with Tomato Ketchup 

Jacket Potato & Cheese  Baked Beans  Coleslaw  or Tuna Mayo 





Seasonal Vegetables 

Sticky Toffee Date Loaf 

WEDNESDAY

Lentil & Chickpea Loaf  with Roast Potatoes


Roast Chicken, Yorkshire Pudding & Gravy with Roast Potatoes

Jacket Potato & Cheese  Baked Beans  Coleslaw  or Tuna Mayo 




Seasonal Vegetables 

Ice Cream & Fruit Compote 

THURSDAY

Cheese & Bean Wrap  with Potato Wedges

Beef Pasta Bolognese with Garlic Bread

Jacket Potato & Cheese  Baked Beans  Coleslaw  or Tuna Mayo 





Seasonal Vegetables 

Vanilla Sponge  & Custard

FRIDAY

Vegetable Chilli with Rice 

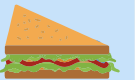
Margherita Pizza with Potato Wedges 

Jacket Potato & Cheese  Baked Beans  Coleslaw  Tuna or Salmon Mayo 

Seasonal Vegetables 

Chocolate & Beetroot Brownie 

AVAILABLE  
DAILY



A choice  
of Filled  
Sandwiches



Unlimited  
Salad Bar



A choice of  
Fresh Fruit

# 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?

**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!



Charlotte Quick, Company Nutritionist, explains a little about how we build our menus

## 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

### CONTACT US:



Payments and Meal Ordering



Nutrition Guidance



General Enquiries

### FOLLOW US:



@ISS\_Education



Feeding Hungry Minds

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.



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**

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 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**