### WEEK COMMENCING: 3RD JANUARY, 24TH JANUARY, 7TH & 28TH MARCH

Butternut, Chickpea & Vegetable 👽 Curry with Wholegrain Rice

Kheema Beef Curry with Rice

**MONDAY** 

Jacket Potato with Cheese V. Baked Beans 👽 or Tuna Mayo 🔤

> Curried Roast Cauliflower 👽 & Carrots

Chocolate Shortbread V

Quorn Frankfurters Hot Dog v with Crushed New Potatoes & Spring Onion

TUESDAY

with Crushed New Potatoes & Spring Onion

Cheese vor Egg Mayo

Roasted Mediterranean 👽 Vegetables & Garden Peas

Rice Pudding 🖤

## WEDNESDAY

with Roast Potatoes & Gravy

Jacket Potato with Cheese V, Baked Beans 🥯 or Tuna Mayo 🔤

Green Cabbage & Carrots 👽

Peaches & Fruit Melba Sauce v with Ice cream

#### THURSDAY

with Potato Wedges

Margherita Pizza 🖤 with Potato Wedges

Cheese vor Egg Mayo

Coleslaw & Sweetcorn 👽

Fruit Salad & Natural Yoghurt V or Cheese & Biscuits

#### **FRIDAY**

Red Lentil & Vegetable 🖤 Sausage Roll

Fish Fingers with Chips

lacket Potato with Cheese V, Baked Beans 👽 or Tuna Mayo 🛁

Baked Beans & Garden Peas 👽

Strawberry Jelly & Ice Cream V

FRIDAY

# Vegetarian

**KEY** 





Sustainably **Caught Fish** 

#### WEEK COMMENCING: 10TH & 31ST JANUARY, 21ST FEBRUARY, 14TH MARCH & 4TH APRIL TUESDAY WEDNESDAY **THURSDAY**

Quorn Chilli Con Carne 🔻

**MONDAY** 

Beef Chilli Con Carne

Jacket Potato with Cheese V, Baked Beans 👽 or Tuna Mayo 🔤

Garden Peas & Baked Tomatoes 👽

Oat Dream Cookie 🖤

Shepherdess Pie V

Chicken & Leek Pie

Cheese v or Egg Mayo v

Broccoli & Sweetcorn 👽

Chocolate Cracknell V

Vegetable & Sweet Potato Bake 🔻

Roast Beef with Yorkshire Pudding, Roast Potatoes & Gravv

Jacket Potato with Cheese 👽, Baked Beans 👽 or Tuna Mayo 🔤

Carrots & Green Beans 👽

Berry Muffin 🔻

Red Onion & Sweetcorn Pizza 🔻 with Cajun Potatoes

> Margherita Pizza 🔻 with Caiun Potatoes

Cheese v or Egg Mayo v

Apple Slaw & Sweetcorn 👽

Fruit Salad & Natural Yoghurt 🕟 or Cheese & Biscuits

Spicy Bean Burger in a Bun 👽

Battered Pollock with Chips -

Jacket Potato with Cheese 🔍, Baked Beans 👽 or Tuna Mayo 📥

Baked Beans & Garden Peas 👽

Orange Jelly & Mandarins 👽

## WEEK COMMENCING: 17TH JANUARY, 7TH & 28TH FEBRUARY & 21ST MARCH

## Vegetable & Lentil Bolognese 🦠 Beef Penne Pasta Bolognese

MONDAY

Jacket Potato with Cheese V, Baked Beans 🤡 or Tuna Mayo 📥

> Roasted Mediterranean 🦠 Vegetables & Garden Peas

Frozen Toffee Yoghurt 👽

Tarka Dahl with Rice 🥺

TUESDAY

**Ierk Chicken Burrito** 

Cheese V or Egg Mayo V

Carrots & Cauliflower 👽

Carrot Cake V

WEDNESDAY

Iollof Rice 👀

Garlic & Lemon Chicken Thigh with Roast Potatoes & Gravy

Jacket Potato with Cheese V, Baked Beans 🥸 or Tuna Mayo 📥

Broccoli & Parsnips 👽

Apple Crumble with Custard V

Roast Vegetable Calzone 👽

**THURSDAY** 

Margherita Pizza 🖤

Baguette with Tuna Mayo 🛁 Cheese V or Egg Mayo V

Coleslaw & Sweetcorn 👀

Fruit Salad & Natural Yoghurt 🖤 or Cheese & Biscuits

**FRIDAY** 

Vegetable Lasagne 👽

Fish Fingers with Chips

Jacket Potato with Cheese V, Baked Beans 🥸 or Salmon Mayo 🛁

Baked Beans & Garden Peas 👀

Strawberry or Peach Yoghurt

DID YOU KNOW?



All our Milk. Beef Mince. Yoghurts & Bread is Organic



All our Meat is UK Farm Assured

### 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!



## 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 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!



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

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



# Terrific Value

# **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

## 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** 

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