

Week Commencing: 31 OCT / 21 NOV / 12 DEC / 2, 23 JAN / 13 FEB / 6, 27 MAR

WEEK 1

Monday

Beef Lasagne with Garlic Bread
 Cheese & Tomato Panini
 Jacket Potato -
 Bean/Cheese/Tuna
 Mayo/Coleslaw
 Assorted Sandwich Platters
 Seasonal Vegetables
 Chocolate Brownie

Tuesday

Quorn Nuggets with Wedges
 Vegetable & Bean Bolognese
 with Pasta
 Jacket Potato -
 Bean/Cheese/Tuna
 Mayo/Coleslaw
 Assorted Sandwich Platters
 Seasonal Vegetables
 Apple Sponge with Custard

Wednesday

Roast Turkey, Yorkshire
 Pudding, Boiled Potatoes
 Vegetable Paella
 Jacket Potato -
 Bean/Cheese/Tuna
 Mayo/Coleslaw
 Assorted Sandwich Platters
 Seasonal Vegetables
 Jam Roll with Custard

Thursday

Sausage & Mash Potato with
 Gravy
 Vegetarian Korma with Rice
 Jacket Potato -
 Bean/Cheese/Tuna
 Mayo/Coleslaw
 Assorted Sandwich Platters
 Seasonal Vegetables
 Pear & Chocolate Sponge with
 Choc Sauce

Friday

Fish Fingers & Chips
 Cheese & Onion Pasty
 Jacket Potato -
 Bean/Cheese/Tuna
 Mayo/Coleslaw
 Assorted Sandwich Platters
 Seasonal Vegetables
 Carrot & Orange Muffin

Key



Vegetarian



Plant Based
 Vegan Friendly



Sustainably
 Caught Fish

Week Commencing: 7, 28 NOV / 19 DEC / 9, 30 JAN / 20 FEB / 13 MAR / 3 APR

WEEK 2

Monday

Beef Chilli Con Carne with Rice
 Cheese & Baked Bean Wrap
 Jacket Potato -
 Bean/Cheese/Tuna
 Mayo/Coleslaw
 Assorted Sandwich Platters
 Seasonal Vegetables
 Coconut & Pineapple Sponge

Tuesday

Roasted Vegetable & Lentil Loaf
 Margherita Pizza
 Jacket Potato -
 Bean/Cheese/Tuna
 Mayo/Coleslaw
 Assorted Sandwich Platters
 Seasonal Vegetables
 Peaches & Fruit Melba Sauce
 with Ice Cream

Wednesday

Roast Pork with Yorkshire
 Pudding, Roast Potatoes
 Cauliflower & Broccoli Cheese
 Bake
 Jacket Potato -
 Bean/Cheese/Tuna
 Mayo/Coleslaw
 Assorted Sandwich Platters
 Seasonal Vegetables
 Marble Sponge with Chocolate
 Sauce

Thursday

Chicken Meatballs in Tomato
 Sauce with Pasta
 Roast Vegetable Cous Cous
 with Flat Bread
 Jacket Potato -
 Bean/Cheese/Tuna
 Mayo/Coleslaw
 Assorted Sandwich Platters
 Seasonal Vegetables
 Rice Pudding with Peaches

Friday

Battered Fish & Chips
 Winter Vegetable Turnover
 Jacket Potato -
 Bean/Cheese/Tuna
 Mayo/Coleslaw
 Assorted Sandwich Platters
 Seasonal Vegetables
 Chocolate Muffin with Fudge
 Topping

Week Commencing: 14 NOV / 5 DEC / 16 JAN / 6, 27 FEB / 20 MAR

WEEK 3

Monday

Chicken Casserole with
 Dumplings
 Quorn Hotdog
 Jacket Potato -
 Bean/Cheese/Tuna
 Mayo/Coleslaw
 Assorted Sandwich Platters
 Seasonal Vegetables
 Chocolate Shortbread Cookie

Tuesday

Tomato, Lentil & Cheese Pasta
 Bake
 Vegetable Biryani
 Jacket Potato -
 Bean/Cheese/Tuna
 Mayo/Coleslaw
 Assorted Sandwich Platters
 Seasonal Vegetables
 Apple Crumble with Custard

Wednesday

Roast Beef, Yorkshire Pudding &
 Roast Potatoes
 Shepherdess Pie
 Jacket Potato -
 Bean/Cheese/Tuna
 Mayo/Coleslaw
 Assorted Sandwich Platters
 Seasonal Vegetables
 Iced Vanilla Sponge

Thursday

Sausage Roll
 Macaroni Cheese
 Jacket Potato -
 Bean/Cheese/Tuna
 Mayo/Coleslaw
 Assorted Sandwich Platters
 Seasonal Vegetables
 Syrup Sponge with Custard

Friday

Fish Fingers & Chips
 Vegetable Hotpot
 Jacket Potato -
 Bean/Cheese/Tuna
 Mayo/Coleslaw
 Assorted Sandwich Platters
 Seasonal Vegetables
 Berry Jelly

WHY NOT TRY ONE OF THE RECIPES AT HOME?

Spaghetti Bolognese is a family favourite, this recipe although just as popular has all those extra benefits - healthier for you & the planet!



Our nutritionists talk about the benefits of the new recipes!



We've reduced our CO₂ 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.

CONTACT US:

✉ Payments and Meal Ordering

✉ Nutrition Guidance



Welcome to our healthiest menu yet!

We've been working hard to continue to improve our recipes so they're just as 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 borlotti 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 A PORTION

CLICK HERE TO VISIT OUR WEBSITE



Feeding Hungry Minds

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