

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

WEEK 1

**Monday**

Rajma Masala with Rice   
 Chicken Meatballs with Spaghetti in Tomato Sauce  
 Halal Chicken Meatballs with Spaghetti with Sauce  
 Jacket Potato - Beans /Cheese/Tuna Mayo/Coleslaw  
 Cheese & Tuna Melt   
 Sweetcorn & Broccoli   
 Frozen Strawberry Yoghurt 

**Tuesday**

Macaroni Cheese with Garlic Bread   
 Roast Vegetable Couscous   
 Lamb Keema Curry & Rice  
 Halal Lamb Keema Curry & Rice  
 Tuna Mayonnaise Sandwich   
 Peas & Cauliflower   
 Oaty Apple Crumble with Custard 




**Wednesday**

Quorn Sausage with Roast Potatoes & Gravy   
 Vegetable Biryani   
 Roast Chicken, Potatoes, Yorkshires & Gravy  
 Halal Roast Chicken, Potatoes, Yorkshires & Gravy  
 Cheese Wrap   
 Carrots & Green Beans   
 Pineapple Upside Down Cake 

**Thursday**

Vegetable Chilli with Rice   
 Cheese & Tomato Pasta   
 Margherita Pizza   
 Egg Mayonnaise Roll   
 Sweetcorn & Vegetable Medley   
 Orange Drizzle Cake 

**Friday**

Cheese & Onion Quiche with Chips   
 Vegetable & Lentil Bolognese with Pasta   
 Fish Fingers & Chips   
 Fish Finger Bap   
 Peas & Baked Beans   
 Chocolate Brownie 

**Key**



Vegetarian



Plant Based  
Vegan Friendly







Sustainably  
Caught Fish

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

WEEK 2






**Monday**

Quorn Burger in a Bun   
 Lamb Meatballs in Tomato Sauce with Pasta  
 Halal Lamb Meatballs In Tomato Sauce with Pasta  
 Jacket Potato - Beans /Cheese/Tuna Mayo/Coleslaw  
 Tuna Mayo, Sweetcorn Wrap   
 Carrots & Vegetable Medley   
 Vanilla Ice Cream 

**Tuesday**

Roasted Vegetable Calzone   
 Chickpea & Sweet Potato Shakshuka with Rice   
 Chicken & Vegetable Stir Fry  
 Halal Chicken & Vegetable Stir Fry  
 Cheese Sandwich   
 Sweetcorn & Broccoli   
 Pear & Berry Crumble with Custard 




**Wednesday**

Veg & Sweet Potato Bake   
 Roasted Veggie Strips, Roast Potatoes & Gravy   
 Roast Chicken, Potatoes, Yorkshires & Gravy  
 Halal Roast Chicken, Potatoes, Yorkshires & Gravy  
 Egg Mayonnaise Baguette   
 Peas & Roast Veg   
 Oat Dream Cookie 

**Thursday**

Margherita Pizza   
 Tomato, Lentil & Bean Pasta   
 Jacket Potato - Beans /Cheese/Tuna Mayo/Coleslaw  
 Cheese Roll   
 Sweetcorn & Green Beans   
 Chocolate Muffin 

**Friday**

Quorn Nuggets with Chips   
 Chickpea & Mixed Vegetable Spicy Rice   
 Fish Fingers & Chips   
 Tuna Mayonnaise Sandwich   
 Peas & Baked Beans   
 Apple & Banana Cake 

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

WEEK 3





**Monday**

Honey & Ginger Veggie Strips with Noodles   
 Vegetable & Chickpea Jambalaya   
 Chicken Curry & Rice  
 Halal Chicken Curry & Rice  
 Cheese & Tomato Panini   
 Carrots & Green Beans   
 Frozen Toffee Yoghurt 

**Tuesday**

Cheese & Bean Fajita   
 Tarka Dhal with Rice   
 Lamb Bolognese with Pasta  
 Halal Lamb Bolognese with Pasta  
 Tuna Mayonnaise Wrap   
 Peas & Roasted Mediterranean Vegetables   
 Vanilla Sponge with Apple Compote 

**Wednesday**

Mixed Vegetable Curry   
 Roast Chicken, Potatoes, Yorkshires & Gravy  
 Halal Roast Chicken, Potatoes, Yorkshires & Gravy  
 Jacket Potato - Beans /Cheese/Tuna Mayo/Coleslaw  
 Cheese Sub Roll   
 Carrots & Green Cabbage   
 Strawberry Jelly 

**Thursday**

Chickpea & Vegetable Tagine   
 Roasted Vegetable Lasagne   
 Margherita Pizza   
 Egg Mayonnaise Sandwich   
 Sweetcorn & Broccoli   
 Pear & Chocolate Sponge 

**Friday**

Cheese & Tomato Pinwheel with Chips   
 Fish Fingers & Chips   
 Jacket Potato - Beans /Cheese/Tuna Mayo/Coleslaw  
 Fish Finger Bap   
 Peas & Baked Beans   
 Fruity Flapjack 

## 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 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.

### 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