

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 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