

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!

BETTER FOR YOU, BETTER FOR 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.

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

CONTACT US:

✉ Payments and Meal Ordering

✉ Nutrition Guidance

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