

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

WEEK 1

**Monday**

- Margherita Pizza with Wedges 
- Salad Selection 
- Baked Wholemeal Bread
- Peas & Sweetcorn 
- Fresh Fruit Or Fruit Yoghurt 




**Tuesday**

- Chicken Casserole with Mashed Potato
- Halal Chicken Casserole with Mashed Potato
- Salad Selection 
- Baked Wholemeal Bread
- Cauliflower & Green Beans 
- Fresh Fruit Or Fruit Yoghurt 

**Wednesday**

- Lamb Chilli with Rice
- Halal Lamb Chilli with Rice
- Salad Selection 
- Baked Wholemeal Bread
- Peas & Roast Butternut Squash 
- Fresh Fruit Or Fruit Yoghurt 

**Thursday**

- Roast Chicken Breast with Roast Potatoes & Gravy
- Halal Roast Chicken Breast, Roast Potatoes & Gravy
- Salad Selection 
- Baked Wholemeal Bread
- Carrots & Broccoli 
- Fresh Fruit Or Fruit Yoghurt 

**Friday**

- Quorn Nuggets with Chunky Chips 
- Salad Selection 
- Baked Wholemeal Bread
- Peas & Baked Beans 
- Strawberry Jelly & Ice Cream 

**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**

- Pasta Pomodoro 
- Salad Selection 
- Baked Wholemeal Bread
- Cauliflower & Green Beans 
- Fresh Fruit Or Fruit Yoghurt 

**Tuesday**

- Sweet & Sour Chicken with Rice
- Halal Sweet & Sour Chicken with Rice
- Salad Selection 
- Baked Wholemeal Bread
- Peas & Sweetcorn 
- Fresh Fruit Or Fruit Yoghurt 





**Wednesday**

- Savoury Minced Lamb with Mash Potato
- Halal Savoury Minced Lamb with Mash Potato
- Salad Selection 
- Baked Wholemeal Bread
- Carrots & Broccoli 
- Fresh Fruit Or Fruit Yoghurt 

**Thursday**

- Jacket Potato with Baked Beans
- Jacket Potato with Cheese
- Jacket Potato with Salmon Mayonnaise
- Jacket Potato with Tuna Mayonnaise
- Salad Selection 
- Baked Wholemeal Bread
- Butternut Squash 
- Fresh Fruit Or Fruit Yoghurt 

**Friday**

- Breaded Fish with Chunky Chips 
- Salad Selection 
- Baked Wholemeal Bread
- Peas & Baked Beans 
- Marble Sponge with Custard 

## 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