

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

WEEK 1

Monday

- Cheese & Tomato Pasta
- Lentil & Sweet Potato Curry with Rice
- Broccoli & Sweetcorn
- Vanilla Sponge with Apple Compote

Tuesday

- Chicken Casserole with Mashed Potato
- Halal Chicken Casserole with Mashed Potato
- Vegetable Sausage with Baked Potato Wedges
- Cauliflower & Green Beans
- Frozen Toffee Yoghurt

Wednesday

- Lamb Bolognese with Pasta
- Halal Lamb Bolognese with Pasta
- Vegetable & Bean Bolognese with Pasta
- Carrots & Sweetcorn
- Chocolate Cracknell

Thursday

- Roast Chicken Breast with Roast Potatoes & Gravy
- Halal Roast Chicken Breast, Roast Potatoes & Gravy
- Roasted Root Vegetable & Sage Wellington
- Peas & Roast Butternut Squash
- Banana Cake with Custard

Friday

- Fish Fingers & Chunky Chips
- Quorn Nuggets with Chunky Chips
- Baked Beans & Mushy Peas
- Strawberry Jelly with Watermelon Wedges

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

- Macaroni Cheese
- Tarka Dhal with Rice
- Peas & Cauliflower
- Apple Crumble with Custard

Tuesday

- Chicken & Vegetable Stir Fry
- Halal Chicken & Vegetable Stir Fry
- Margherita Pizza with Garlic & Parika Wedges
- Sweetcorn & Green Beans
- Lemon Shortbread

Wednesday

- Roast Turkey with Roast Potatoes & Gravy
- Halal Roast Turkey with Roast Potatoes & Gravy
- Butternut & Vegetable Plait with Roast Potatoes
- Carrots & Broccoli
- Marble Sponge with Chocolate Sauce

Thursday

- Lamb Chilli Con Carne with Rice
- Halal Lamb Chilli Con Carne with Rice
- Chickpea & Vegetable Tagine with CousCous
- Sweetcorn & Green Beans
- Orange Drizzle Cake

Friday

- Breaded Fish with Chunky Chips
- Quorn Hotdog with Chunky Chips
- Peas & Baked Beans
- Yoghurt Bar with Toppings

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

WEEK 3

Monday

- Vegetable Chow Mein
- Pasta Pomodoro
- Sweetcorn & Broccoli
- Chocolate Brownie

Tuesday

- Sweet & Sour Chicken with Rice
- Halal Sweet & Sour Chicken with Rice
- Caribbean Vegetable Curry with Rice
- Peas & Cauliflower
- Oat Dream Cookie

Wednesday

- Savoury Minced Lamb with Mash Potato
- Halal Savoury Minced Lamb with Mash Potato
- Sweetcorn Pizza with Wedges
- Carrots & Broccoli
- Pineapple Upside Down Cake

Thursday

- Chicken Curry & Rice
- Halal Chicken Curry & Rice
- Three Bean Casserole with Rice
- Sweetcorn & Butternut Squash
- Toffee Apple & Banana Muffin

Friday

- Fish Fingers & Chunky Chips
- Jacket Potato with Salmon Mayonnaise
- Jacket Potato with Baked Beans
- Peas & Baked Beans
- Strawberry Jelly with Peaches

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

BETTER FOR YOU, BETTER FOR THE PLANET

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