

Week Commencing: 2 JAN / 23 JAN / 13 FEB / 6 MAR / 27 MAR

Monday

Tomato & Herb Puff with New Potatoes 
Halal Beef Keema Curry & Rice
Jacket Potato - Beans /Cheese/Tuna Mayo/Coleslaw
Top Dog - Quorn Frankfurter with Wedges  
Peas & Cauliflower 
Cheese, Crackers & Apple 
Fruit Salad & Yoghurt 

Tuesday

Sausage & Bean Casserole with Mashed Potato 
Chicken & Sweetcorn Meatballs In Tomato Pasta
Jacket Potato - Beans /Cheese/Tuna Mayo/Coleslaw
Lemon & Garlic Veggie Strips Gyro with Salad  
Carrots & Broccoli 
Orange Jelly & Mandarins 

Wednesday

Jollof Rice 
Garlic & Lemon Chicken Thigh with Roast Potatoes
Jacket Potato - Beans /Cheese/Tuna Mayo/Coleslaw
Presto Pasta - Beef Penne Bolognese 
Green Cabbage & Vegetable Medley 
Frozen Toffee Yoghurt 

Thursday

Margherita Pizza with Garlic & Paprika Wedges 
Quornish Pasty with Garlic & Paprika Wedges 
Jacket Potato - Beans /Cheese/Tuna Mayo/Coleslaw
Sub Club The Big Veggie BBQ  
Sweetcorn & Apple Saw 
Lemon Drizzle Cake 

Friday

Falafel Burger with Chips 
Fish Fingers & Chips 
Jacket Potato - Beans /Cheese/Tuna Mayo/Coleslaw
Fish Shack - Fish Finger Sandwich  
Peas & Baked Beans 
Chocolate & Raisin Oat Cookie & Vanilla Ice cream 

WEEK 1

Week Commencing: 9 JAN / 30 JAN / 20 FEB / 13 MAR / 3 APR

Monday

Vegetable Strips Piri Piri Wrap 
Halal Chicken Curry & Rice
Jacket Potato - Beans /Cheese/Tuna Mayo/Coleslaw
Top Dog - Quorn Frankfurter & Chilli - Mexican  
Peas & Curried Cauliflower 
Pear & Berry Crumble with Custard 

Tuesday

Butternut, Butterbean & Vegetable Curry with Rice 
Beef Bolognese with Pasta
Jacket Potato - Beans /Cheese/Tuna Mayo/Coleslaw
Mediterranean Grill 'Souvlaki Vegetables'  
Broccoli & Sweetcorn 
Peaches & Fruit Melba 

Wednesday

Macaroni Cheese 
Roast Turkey with Roast Potatoes & Gravy
Jacket Potato - Beans /Cheese/Tuna Mayo/Coleslaw
JETS Presto Pasta: Pasta Pomodoro  
Carrots & Vegetable Medley 
Banana Cake 

Thursday

Quorn Sausage Feast Pizza & Potato Wedges 
Vegetable & Mixed Bean Chilli & Rice 
Jacket Potato - Beans /Cheese/Tuna Mayo/Coleslaw
Sub Club - Mega Chicken Meatball Sub 
Sweetcorn & Green Bean Slaw 
Flapjack & Custard 

Friday

Cheese & Onion Quiche with Chips 
Battered Pollock Fillet & Chips 
Jacket Potato - Beans/Cheese/Salmon Mayo/Coleslaw
Fish Shack - Fish Finger Sandwich  
Peas & Baked Beans 
Chocolate Shortbread & Ice Cream 

WEEK 2

Week Commencing: 16 JAN / 6 FEB / 27 FEB / 20 MAR

Monday

Vegetable Chow Mein 
Halal Chicken Biryani
Jacket Potato - Beans /Cheese/Tuna Mayo/Coleslaw
Top Dog - Quorn Frankfurter & Onion  
Peas & Cauliflower 
Cheese, Crackers & Apple 
Fruit Salad & Yoghurt 

Tuesday

Lentil & Sweet Potato Curry with Rice 
Italian Beef Sub & Potato Wedges
Jacket Potato - Beans /Cheese/Tuna Mayo/Coleslaw
Mediterranean Grill 'Souvlaki Vegetables'  
Sweetcorn & Green Beans 
Oat & Raisin Cookie with Vanilla Ice cream 







Wednesday

Cheese & Tomato Pasta 
Roast Garlic & Lemon Chicken, Roast Potatoes, Gravy
Jacket Potato - Beans /Cheese/Tuna Mayo/Coleslaw
Presto Pasta Philly Mac  
Carrots & Vegetable Medley 
Rice Pudding 

Thursday

Margherita Pizza with Garlic & Paprika Wedges 
Quorn Meatballs in Tomato Sauce with Potato Wedges
Jacket Potato - Beans /Cheese/Tuna Mayo/Coleslaw
Sub Club - Mediterranean Tuna Melt  
Sweetcorn & Apple Saw 
Strawberry Jelly & Ice Cream 

Friday

Vegetable & Lentil Loaf with Chips 
Fish Fingers & Chips 
Jacket Potato - Beans /Cheese/Tuna Mayo/Coleslaw
Fish Shack - Fish Finger Sandwich  
Peas & Baked Beans 
Fruit & Chocolate Pinwheel 

WEEK 3

Key



Vegetarian



Plant Based
Vegan Friendly



Sustainably
Caught Fish



Extra Option for
Yr 5 & 6

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