





WEEK COMMENCING: 01 - NOV / 22 - NOV / 13 - DEC / 03 - JAN / 24 - JAN / 07 - MAR / 28 - MAR

WEEK 1

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Roast Vegetable Couscous 	Jacket Potato with BBQ Baked Beans 	Roasted Veggie Strips with Gravy & Roast Potatoes 	Goan Vegetable Curry with Rice 	Cheese & Onion Quiche with Chips 
Mozzarella & Tomato Puff Squares 	Vegetable Lasagne 	Cheese & Tomato Pasta Bake 	Red Onion & Sweetcorn Pizza 	Jacket Potato & Salmon Mayonnaise 
BBQ Chicken Pasta Bake 	Beef Spaghetti Bolognese 	Roast Turkey with Gravy & Roast Potatoes 	Chicken Curry with Rice 	Fish Fingers with Chips 
Green Beans & Sweetcorn 	Carrots & Broccoli 	Roasted Mediterranean Veg 	Sweetcorn & Apple Slaw 	Peas & Baked Beans 
Peach Fool 	Yoghurt Bar 	Fruit Pineapple Upside Down Sponge with Custard 	Cheese & Crackers 	Frozen Strawberry Yoghurt with Fruits 

WEEK COMMENCING: 08 - NOV / 29 - NOV / 10 - JAN / 31 - JAN / 21 - FEB / 14 - MAR

WEEK 2

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Mexican Rice Wrap 	Shepherdess Pie with Sweet Potato Topping 	Chickpea & Mixed Veg Spicy Rice 	Butternut, Butterbean & Vegetable Curry with Rice 	Falafel & Salad Burger with Chips 
Tuna Pasta Bake 	Honey & Ginger Veggie Strips Stir Fry with Noodles 	Macaroni Cheese 	Margherita Pizza 	Southern Baked Chicken Thigh with Potato Wedges 
Moroccan Beef with Couscous 	Chicken & Sweetcorn Meatball Sub in Tomato Sauce 	Roast Beef with Gravy & Roast Potatoes 	Chicken & Leek Wholemeal Pastry Pie 	Battered Pollock & Chips 
Peas & Cauliflower 	Swede & Carrots 	Green Cabbage & Sweetcorn 	Broccoli & Runner Bean Slaw 	Peas & Baked Beans 
Fresh Fruit Salad with Natural Yoghurt 	Yoghurt Bar 	Vanilla Sponge with Apple Compote 	Cheese & Crackers 	Vanilla Ice Cream with Fruits 

WEEK COMMENCING: 15 - NOV / 06 - DEC / 17 - JAN / 07 - FEB / 28 - FEB / 21 - MAR

WEEK 3

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Piri Piri Veggie Strips Wrap 	Vegetable Hotpot 	Butterbean & Vegetable Pattie with Roast Potatoes 	Spinach & Lentil Dhal with Rice 	Vegetable Butterbean Ragu with Potato Wedges 
Jacket Potato with Vegetable Bean Chilli 	Quorn Sausage & Gravy with Mashed Potato 	Cheese Subroll 	Roasted Vegetable Pizza 	Roast Vegetable Calzone 
Jamaican Jerk Chicken, Rice & Peas 	Chicken Sausage & Gravy with Mashed Potato 	Roast Lemon & Garlic Chicken Thigh with Roast Potatoes & Gravy 	Cottage Pie 	Breaded Pollock with Chips 
Green Beans & Carrots 	Sweetcorn & Broccoli 	Roasted Mediterranean Vegetables 	Roasted Cauliflower & Fruity Slaw 	Peas & Baked Beans 
Fresh Fruit Salad with Natural Yoghurt 	Yoghurt Bar 	Oaty Apple & Berry Crumble with Custard 	Cheese & Crackers 	Strawberry Yoghurt with Fruits 

KEY



Vegetarian



Plant Based
Vegan Friendly



Halal Option
Available



Sustainably
Caught Fish

YOUR SCHOOL LUNCHES ARE:

DELICIOUSLY HEALTHY CHOICES

This Term Features...

20 NEW SALADS!

Did you know pupils get to choose from a selection of five salads every day? We've just made the salad bar even tastier with these additional options!

WASTE-LESS RECIPES

Ensuring our menus are as sustainable as possible is important to us, which is why we're introducing recipes that minimise food waste and use up 'left over' ingredients. Here's an example! Why not give it a go?



Charlotte Quick, Company Nutritionist, explains a little about how we build our menus

WE HAVE INCREASED THE NUMBER OF PLANT BASED DISHES ON OUR MENUS BY 20%



WE DON'T ADD ANY SALT TO OUR RECIPES...

We use herbs, lemon juice and other natural ingredients to add flavour.



THERE ARE NOW EVEN MORE VEGGIES ON OUR MENUS

We've committed to upping our veg count even more and are proud Peas Please pledgers. Find out more here!



INTRODUCING YOUR NEW MENU

Welcome to your new menu, which has been created so your child can enjoy a delicious, balanced school lunch every day. On this page you'll find some of our dedicated experts talking about how we design, cook and serve our meals. All our menus aim to offer great value, meet school food standards and are at the heart of the exciting food experiences we strive to create for our young diners.

Thank you and please get in touch if you have any questions or suggestions!



[Click here for meal ordering and payment information](#)

MADE FROM GREAT INGREDIENTS, BY AWESOME PEOPLE

Our meals are balanced and made from ingredients which are sustainably sourced and better for animal welfare.



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

OVER 80% OF OUR DISHES ARE FRESHLY PREPARED EACH DAY

ALL OF THE EGGS WE USE ARE FREE RANGE & RSPCA ASSURED

Check out this tasty sweet potato, lentil and chickpea curry recipe!



Our experienced cooks are passionate about feeding hungry minds and supporting pupil wellbeing through engaging dining experiences.

Click on the video to hear from Jane and Duncan, two of our awesome chefs, as they prepare one of our delicious recipes!

Terrific VALUE ...AND ABSOLUTELY FREE!



CHOOSING FREE SCHOOL MEALS
All Children in key stage 1 & 2 are entitled to free school meals



OUR MEALS OFFER GREAT VALUE
Few places offer homemade two course meals made from great ingredients

Sophie Crosswaite, Nutritionist, shares her thoughts on the value of school lunches



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Feeding Hungry Minds

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