

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

WEEK 1




Monday

Rajma Masala with Rice 
Halal Chicken & Sweetcorn
Meatballs In Sauce
Jacket Potato -
Beans/Cheese/Tuna Mayo
Sweetcorn & Broccoli 
Fruit or Yoghurt 

Tuesday

Macaroni Cheese 
Halal Beef Keema Curry with
Rice
Jacket Potato with BBQ Baked
Beans
Peas & Cauliflower 
Fruit or Yoghurt 

Wednesday

Vegetable Biryani 
Halal Roast Chicken with Roast
Potatoes & Gravy
Jacket Potato -
Beans/Cheese/Tuna Mayo
Carrots & Green Beans 
Fruit or Yoghurt 

Thursday

Cheese & Tomato Pasta 
Margherita Pizza 
Jacket Potato with Ratatouille
Sweetcorn & Vegetable Medley 
Cheese & Crackers 

Friday

Vegetable & Lentil Bolognese
with Pasta 
Fish Fingers & Chips 
Jacket Potato -
Beans/Cheese/Tuna Mayo
Peas & Baked Beans 
Fruit or Yoghurt 

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

Quorn Burger in a Bun 
Halal Beef Chilli Con Carne with
Rice
Jacket Potato -
Beans/Cheese/Tuna Mayo
Carrots & Vegetable Medley 
Fruit or Yoghurt 


Tuesday

Quorn Sausage with Mashed
Potato & Gravy 
Halal Chicken Sausage with
Mashed Potato & Gravy
Jacket Potato with Vegetable
Bolognese
Broccoli & Sweetcorn 
Fruit or Yoghurt 





Wednesday

Roasted Soya Strips with Roast
Potatoes & Gravy 
Halal Roast Beef With Roast
Potatoes & Gravy
Jacket Potato -
Beans/Cheese/Tuna Mayo
Peas & Carrots 
Fruit or Yoghurt 

Thursday

Tomato, Lentil & Bean Pasta
Bake 
Margherita Pizza 
Jacket Potato with Vegetable &
Chickpea Balti
Sweetcorn & Green Beans 
Cheese & Crackers 

Friday

Quorn Nuggets with Chips 
Fish Fingers & Chips 
Jacket Potato -
Beans/Cheese/Tuna Mayo
Peas & Baked Beans 
Fruit or Yoghurt 




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

WEEK 3

Monday

Vegetable & Chickpea
Jambalaya 
Halal Jerk Chicken, Rice & Peas
Jacket Potato with Vegetable
Bean Chilli
Carrots & Green Beans 
Fruit or Yoghurt 

Tuesday

Cheese & Bean Fajita 
Halal Beef Pasta Bolognese
Jacket Potato -
Beans/Cheese/Tuna Mayo
Peas & Sweetcorn 
Fruit or Yoghurt 

Wednesday

Chickpea & Vegetable Tagine
with Lemon Cous Cous 
Halal Roast Chicken with Roast
Potatoes & Gravy
Jacket Potato -
Beans/Cheese/Tuna Mayo
Carrots & Green Beans 
Fruit or Yoghurt 

Thursday

Roasted Vegetable Lasagne 
Margherita Pizza 
Jacket Potato with Beany
Ratatouille
Broccoli & Sweetcorn 
Cheese & Crackers 

Friday

Cheese & Tomato Whirl with
Chips 
Fish Fingers & Chips 
Jacket Potato -
Beans/Cheese/Salmon Mayo
Peas & Baked Beans 
Fruit or Yoghurt 

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!

Our 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



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.



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