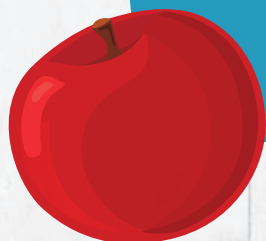




YOUR SCHOOL MENU CLASSICS

APRIL – OCTOBER 2022



Five star excellent meals provided and such a great variety that my little girl raves about them. She has not had a lunch box since starting school.

– Facebook Parent 2021



WEEK 1

WEEK STARTING :

April 25

May 16

June 13

July 4

August 29

September 19

October 10



MONDAY

CHOOSE FROM

- ✓ Summer vegetable quiche with new potatoes
- Pork sausages with mashed potato and gravy

ON THE SIDE

Vegetable of the day or salad

TO FINISH

Ice cream served with a selection of fruit

TUESDAY

CHOOSE FROM

- ✓ Tomato pasta
- BBQ chicken fillet with diced potatoes

ON THE SIDE

Vegetable of the day or salad

TO FINISH

Freshly baked gingerbread

WEDNESDAY

CHOOSE FROM

- ✓ Margherita pizza

Bubble salmon

ON THE SIDE

Crinkle cut wedges and vegetable of the day or salad

TO FINISH

Victoria sponge

THURSDAY

CHOOSE FROM

- ✓ Vegetarian sausage puff
- Roast chicken with stuffing

ON THE SIDE

Roast potatoes, vegetable of the day and gravy

TO FINISH

Chocolate brownie

FRIDAY

CHOOSE FROM

- ✓ Somerset cheddar cheese and tomato Quesadilla
- Baked fish fingers

ON THE SIDE

Chips and vegetable of the day or salad

TO FINISH

A choice of desserts

WEEK 2

WEEK STARTING :

May 2

May 23

June 20

July 11

September 5

September 26

October 17



Our primary school menus comply with the Government's food and nutritional standards, meeting an average of **530 calories** for each meal



MONDAY

CHOOSE FROM

 Vegan Bolognese

Pork sausage roll with mashed potato

ON THE SIDE

Vegetable of the day or salad

TO FINISH

Ice cream served with a selection of fruit

TUESDAY

CHOOSE FROM

 Quorn and vegetable Fajita

Chicken nuggets

ON THE SIDE

Crinkle cut wedges and vegetable of the day or salad

TO FINISH

Freshly baked shortbread

WEDNESDAY

CHOOSE FROM

 Margherita pizza with diced potatoes

Chicken curry with a blend of brown and white rice

ON THE SIDE

Vegetable of the day or salad

TO FINISH

Banana flapjack

THURSDAY

CHOOSE FROM

 Quorn and leek pastry crown

Sliced beef and Yorkshire pudding

ON THE SIDE

Roast potatoes, vegetable of the day and gravy

TO FINISH

Apple sponge

FRIDAY

CHOOSE FROM

 Vegetable lasagne

Baked battered fish and chips

ON THE SIDE

Vegetable of the day or salad

TO FINISH

A choice of desserts

WEEK 3

WEEK STARTING :

May 9

June 6

June 27

July 18

September 12

October 3

Daily selection of alternative desserts; fresh fruit, yoghurt and cheese and biscuits.



TUESDAY

CHOOSE FROM

- Vegetarian (V) Vegetable goujon and diced potatoes

Spaghetti with turkey meatballs

ON THE SIDE

Vegetable of the day or salad

TO FINISH

Freshly baked oaty biscuit

THURSDAY

CHOOSE FROM

- Vegetarian (V) Vegetarian sausages and Yorkshire pudding
- Sliced pork and Yorkshire pudding

ON THE SIDE

Roast potatoes, vegetable of the day and gravy

TO FINISH

Iced carrot cake

MONDAY

CHOOSE FROM

- Vegetarian (V) Macaroni cheese with Somerset cheddar

Burger in a bap with homemade potato wedges

ON THE SIDE

Vegetable of the day or salad

TO FINISH

Ice cream served with a selection of fruit

WEDNESDAY

CHOOSE FROM

- Vegetarian (V) Margherita pizza with crinkle cut wedges

Fruity Caribbean chicken fillet with coconut rice

ON THE SIDE

Vegetable of the day or salad

TO FINISH

Eton mess

FRIDAY

CHOOSE FROM

- Vegetarian (V) Sweet potato and lentil curry with a blend of brown and white rice
- Baked fish fingers with chips

ON THE SIDE

Vegetable of the day or salad

TO FINISH

A choice of desserts

DOWNLOAD OUR CALENDAR AND STREETS MENU OPTIONS HERE
www.hants.gov.uk/hc3s