

WEEK 1

YOUR SCHOOL MENU

APRIL – OCTOBER 2024



Hampshire
County Council


Education Catering

Fresh vegetables will change seasonally and may not be shown in the photo.

MONDAY

CHOOSE FROM
Tomato pasta 




Chicken fajita with a blend
of brown and white rice 



ON THE SIDE
Vegetables of the day or salad

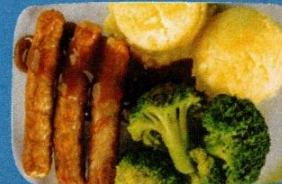
TO FINISH
Freshly baked chocolate
shortbread biscuit

TUESDAY

CHOOSE FROM
Sweet potato and lentil curry with
a blend of brown and white rice 



Pork sausages with mashed
potato and gravy



ON THE SIDE
Vegetables of the day or salad

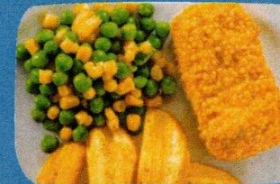
TO FINISH
Fruit and jelly

WEDNESDAY

CHOOSE FROM
Handmade margherita pizza 



Bubble salmon with
crinkle cut wedges



ON THE SIDE
Vegetables of the day or salad

TO FINISH
Banana cake

THURSDAY

CHOOSE FROM
Somerset cheddar cheese
and tomato pastry puff



Sliced beef and Yorkshire
pudding



ON THE SIDE
Vegetables of the day, roast
potatoes and gravy

TO FINISH
Chocolate sponge cake

FRIDAY

CHOOSE FROM
Somerset cheese and tomato
Quesadilla with diced potatoes



Baked omega 3 fillet fish
fingers and chips



ON THE SIDE
Vegetables of the day or salad

TO FINISH
Jam and coconut sponge cake

Contains plant power

Vegetarian

Vegan



FOOD TO
FLOURISH®

WEEK STARTING:

April 15, May 6, June 3, June 24, July 15,
September 9, September 30, October 21



All menu items are subject to change, based upon availability and in the event of unforeseen circumstances.

www.hants.gov.uk/hc3s

WEEK 2

YOUR SCHOOL MENU APRIL – OCTOBER 2024



Hampshire
County Council

Education Catering

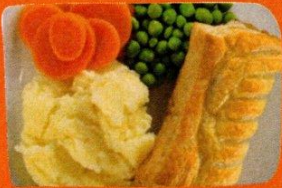
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MEAT-FREE

MONDAY

CHOOSE FROM

Vegetarian sausage roll with mashed potato



Macaroni cheese with Somerset cheddar



ON THE SIDE

Vegetables of the day or salad

TO FINISH

Freshly baked shortbread biscuit

TUESDAY

CHOOSE FROM

Somerset cheddar cheese and tomato quesadilla with diced potatoes



Chicken Katsu curry with a blend of brown and white rice



ON THE SIDE

Vegetables of the day or salad

TO FINISH

Fresh fruit wedges

WEDNESDAY

CHOOSE FROM

Handmade margherita pizza



Ham carbonara with penne pasta



ON THE SIDE

Vegetables of the day or salad

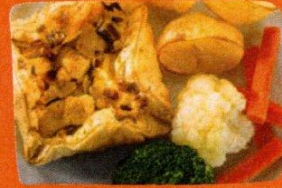
TO FINISH

Apple sponge cake

THURSDAY

CHOOSE FROM

Quorn and leek crown



Roast chicken and Yorkshire pudding



ON THE SIDE

Vegetables of the day, roast potatoes and gravy

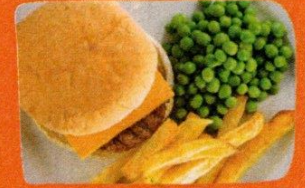
TO FINISH

Marble sponge cake

FRIDAY

CHOOSE FROM

Plant-based burger in a bap with cheese and chips



Baked omega 3 fillet fish fingers and chips



ON THE SIDE

Vegetables of the day or salad

TO FINISH

Chocolate brownie

Contains plant power

Vegetarian

Vegan

FRESH
FRUIT SALAD
SERVED
EVERY DAY

WEEK STARTING:

April 22, May 13, June 10, July 1, July 22,
September 16, October 7



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FOOD TO
FLOURISH®

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WEEK 3

YOUR SCHOOL MENU

APRIL – OCTOBER 2024



Hampshire County Council

Education Catering

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MONDAY

CHOOSE FROM

V Somerset cheddar cheese, onion and potato pasty



Chicken nuggets with diced potatoes



ON THE SIDE

Vegetables of the day or salad

TO FINISH

Freshly baked marble shortbread biscuit

TUESDAY

CHOOSE FROM

Plant-based sausage hot dog with diced potatoes **Vg**



Chicken curry with a blend of brown and white rice



ON THE SIDE

Vegetables of the day or salad

TO FINISH

Apple crumble

WEDNESDAY

CHOOSE FROM

Handmade margherita pizza **V**



Beef Bolognese pasta bake



ON THE SIDE

Vegetables of the day or salad

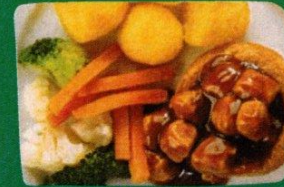
TO FINISH

Chocolate banana cake

THURSDAY

CHOOSE FROM

V Quorn pieces in a Yorkshire pudding



Sliced gammon and Yorkshire pudding



ON THE SIDE

Vegetables of the day, roast potatoes and gravy

TO FINISH

Lemon drizzle cake

FRIDAY

CHOOSE FROM

V Tomato pasta



Baked omega 3 fillet fish fingers and chips



ON THE SIDE

Vegetables of the day or salad

TO FINISH

Flapjack

Contains plant power

Vegetarian

Vegan

FRESH FRUIT SALAD SERVED EVERY DAY

FOOD TO FLOURISH®

WEEK STARTING:

April 29, May 20, June 17, July 8, September 2, September 23, October 14



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