

WEEK 3

WEEK STARTING:

November 14

December 5

January 9

January 30

February 27

March 20

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



TUESDAY

CHOOSE FROM

- Vegetarian Tomato pasta

Chicken meatballs in BBQ sauce with diced potatoes

ON THE SIDE

Vegetable of the day or salad

TO FINISH

Iced vanilla sponge

THURSDAY

CHOOSE FROM

- Vegetarian and Vegan Vegetable goujons

Sliced pork and Yorkshire pudding

ON THE SIDE

Roast potatoes, vegetable of the day and gravy

TO FINISH

Fruit crumble and custard

MONDAY

CHOOSE FROM

- Vegetarian Cheese and onion slice with crinkle cut wedges
- Burger with 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 Margherita pizza with crinkle cut wedges
- Fishcake with sweet potato wedges

ON THE SIDE

Vegetable of the day or salad

TO FINISH

Freshly baked shortbread biscuit

FRIDAY

CHOOSE FROM

- Vegan 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 PICTURE MENU RESOURCES HERE www.hants.gov.uk/hc3s

Sustainable thinking



YOUR SCHOOL MENU CLASSICS

OCTOBER 2022 – APRIL 2023



My son has had school meals everyday since starting school. He's really enjoyed the variety, the ability to choose his own and sitting together with friends.

– Facebook Parent 2022



Hampshire
County Council

www.hants.gov.uk/hc3s

WEEK 1


WEEK STARTING :

October 31
November 21
December 12
January 16
February 6
March 6
March 27



MONDAY

CHOOSE FROM

-  Nacho bites with diced 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

-  Roasted vegetable pasta
- Chicken Katsu curry with a blend of brown and white rice

ON THE SIDE


Vegetable of the day or salad

TO FINISH

Lemon drizzle cake

WEDNESDAY

CHOOSE FROM

-  Margherita pizza
- Bubble salmon

ON THE SIDE


Crinkle cut wedges and vegetable of the day or salad

TO FINISH

Freshly baked shortbread biscuit

THURSDAY

CHOOSE FROM

-  Quorn chicken pieces in a Yorkshire pudding
- Roast chicken with Yorkshire pudding

ON THE SIDE


Roast potatoes, vegetable of the day and gravy

TO FINISH

Chocolate brownie

FRIDAY

CHOOSE FROM

-  Macaroni cheese with Somerset cheddar
- Baked fish fingers and chips

ON THE SIDE

Vegetable of the day or salad

TO FINISH

A choice of desserts

WEEK 2

WEEK STARTING :

November 7
November 28
January 2
January 23
February 20
March 13




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 diced potatoes

ON THE SIDE


Vegetable of the day or salad

TO FINISH

Ice cream served with a selection of fruit

TUESDAY

CHOOSE FROM

-  Vegetable and bean Burrito
- Chicken nuggets with crinkle cut wedges

ON THE SIDE


Vegetable of the day or salad

TO FINISH

Victoria sponge

WEDNESDAY

CHOOSE FROM

-  Margherita pizza with diced potatoes
- Pork meatball marinara served with pasta

ON THE SIDE

Vegetable of the day or salad

TO FINISH

Freshly baked shortbread biscuit

THURSDAY

CHOOSE FROM

-  Quorn and mushroom parcel
- Sliced beef and Yorkshire pudding

ON THE SIDE


Roast potatoes, vegetable of the day and gravy

TO FINISH

Apple sponge and custard

FRIDAY

CHOOSE FROM

-  Baked bean and Somerset cheddar cheese Quesadilla
- Baked battered fish

ON THE SIDE

Chips and vegetable of the day or salad

TO FINISH

A choice of desserts