



YOUR SCHOOL MENU CLASSICS

APRIL – OCTOBER 2023



My son and the children I child mind for have nothing but amazing things to say about the food. Whenever I have tasted it at parent evenings, I'm always a little jealous they get to eat it every day!

– Facebook Parent 2022



WEEK 1

WEEK STARTING :

April 17

May 8

June 5

June 26

July 17

September 11

October 2

FRESH BREAD



MONDAY

CHOOSE FROM

- Ⓥg Nacho bean bites with diced potatoes
- Pork sausages with mashed potato and gravy

ON THE SIDE

Vegetable of the day or salad

TO FINISH

Ice-cream or yoghurt with fruit salad

TUESDAY

CHOOSE FROM

- Ⓥg Sweet potato and lentil curry with a blend of brown and white rice
- Cheeseburger with crinkle cut wedges

ON THE SIDE

Vegetable of the day or salad

TO FINISH

Freshly baked shortbread biscuit

WEDNESDAY

CHOOSE FROM

- Ⓥ Margherita pizza with diced potatoes
- Ham carbonara with penne pasta

ON THE SIDE

Vegetable of the day or salad

TO FINISH

Trifle

THURSDAY

CHOOSE FROM

- Ⓥ Quorn chicken pieces in a Yorkshire pudding
- Sliced beef with Yorkshire pudding

ON THE SIDE

Roast potatoes, vegetable of the day and gravy

TO FINISH

Chocolate pudding

FRIDAY

CHOOSE FROM

- Ⓥ Summer vegetable quiche
- Baked fish fingers

ON THE SIDE

Chips and vegetable of the day or salad

TO FINISH

Banana flapjack

WEEK 2

WEEK STARTING :

April 24

May 15

June 12

July 3

August 28

September 18

October 9



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

- Vegetarian Roasted vegetable lasagne
- Pork sausage roll with diced potatoes

ON THE SIDE

Vegetable of the day or salad

TO FINISH

Ice-cream or yoghurt with fruit salad

TUESDAY

CHOOSE FROM

- Vegan Vegetable and bean burrito
- Chicken nuggets with crinkle cut wedges

ON THE SIDE

Vegetable of the day or salad

TO FINISH

Freshly baked chocolate cookie

WEDNESDAY

CHOOSE FROM

- Vegetarian Margherita pizza
- Bubble salmon

ON THE SIDE

Diced potatoes and vegetable of the day or salad

TO FINISH

Orange and strawberry jelly

THURSDAY

CHOOSE FROM

- Vegetarian Quorn and leek pastry crown
- Sliced pork with Yorkshire pudding

ON THE SIDE

Roast potatoes, vegetable of the day and gravy

TO FINISH

Lemon drizzle sponge

FRIDAY

CHOOSE FROM

- Vegetarian Somerset cheddar cheese and tomato quesadilla
- Baked battered fish

ON THE SIDE

Vegetable of the day or salad and chips

TO FINISH

Love cake

WEEK 3

WEEK STARTING :

May 1

May 22

June 19

July 10

September 4

September 25

October 16



TUESDAY

CHOOSE FROM

- ① Tomato pasta

Chicken Katsu curry with a blend of brown and white rice

ON THE SIDE

Vegetable of the day or salad

TO FINISH

Freshly baked oat and sultana cookie

THURSDAY

CHOOSE FROM

- ① Vegetable wellington

Roast chicken with Yorkshire pudding

ON THE SIDE

Roast potatoes, vegetable of the day and gravy

TO FINISH

Victoria sponge

MONDAY

CHOOSE FROM

- ⑨ Five bean chilli with a blend of brown and white rice
- Chicken meatball sub with BBQ sauce and diced potatoes

ON THE SIDE

Vegetable of the day or salad

TO FINISH

Ice-cream or yogurt with fruit salad

WEDNESDAY

CHOOSE FROM

- ① Margherita pizza

Fishcake

ON THE SIDE

Crinkle cut wedges and vegetable of the day or salad

TO FINISH

Orange jelly topped with chocolate whip

FRIDAY

CHOOSE FROM

- ① Macaroni cheese with Somerset cheddar

Fish fingers and chips

ON THE SIDE

Vegetable of the day or salad and chips

TO FINISH

Chocolate brownie

DOWNLOAD OUR CALENDAR AND PICTURE MENU RESOURCES HERE www.hants.gov.uk/hc3s