

WEEK 1

WEEK STARTING:

November 4
November 25
December 16
January 20
February 10
March 9
March 30



MONDAY

CHOOSE FROM
BBQ chicken in a wrap with brown and white rice

- Vegetarian Macaroni cheese with garlic bread finger

VEGETABLE OF THE DAY
Served with green beans or sweetcorn

TO FINISH
Lemon crunch biscuit

TUESDAY

CHOOSE FROM
Pork grill

- Vegetarian Vegetable goujons

VEGETABLE OF THE DAY
Served with roast potatoes, cauliflower, green beans, carrots and gravy

TO FINISH
Apple and blackberry muffin

WEDNESDAY

CHOOSE FROM
Beef Bolognaise with pasta and garlic bread finger

- Vegetarian Margherita pizza with potato wedges

VEGETABLE OF THE DAY
Served with garden peas

TO FINISH
Mini biscuit and fresh fruit wedge

THURSDAY

CHOOSE FROM
Roast chicken

- Vegetarian Vegetarian sausages

VEGETABLE OF THE DAY
Served with roast potatoes, seasonal swede and carrot and gravy

TO FINISH
A choice of cold desserts

FRIDAY

CHOOSE FROM
Baked fish fingers with tomato sauce

- Vegetarian Curried vegetable puff

VEGETABLE OF THE DAY
Served with chips, baked beans or garden peas

TO FINISH
Cheddar cheese and crackers

Vegetarian Crown Foods MSC Gluten Free Bubble Coated Salmon Fillets - Gold Award British Frozen Foods Federation Annual Awards 2017

WEEK 2

WEEK STARTING:

November 11
December 2
January 6
January 27
February 24
March 16

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

MONDAY

CHOOSE FROM
Chicken grill in a bag

- Vegetarian Tomato pasta with garlic bread finger

VEGETABLE OF THE DAY
Served with garden peas

TO FINISH
Ice cream or fruit smoothie

TUESDAY

CHOOSE FROM
Roast beef and Yorkshire pudding

- Vegetarian Vegetarian sausage puff

VEGETABLE OF THE DAY
Served with roast potatoes, gravy and vegetable medley

TO FINISH
Tutti fruity sponge

WEDNESDAY

CHOOSE FROM

- Vegetarian Quorn burger with mashed potatoes
- Margherita pizza with potato wedges

VEGETABLE OF THE DAY
Served with baked beans or garden peas

TO FINISH
A choice of cold desserts

THURSDAY

CHOOSE FROM
Roast chicken, roast potatoes and gravy

- Vegetarian Cauliflower cheese with tomato bread

VEGETABLE OF THE DAY
Served with carrots and broccoli

TO FINISH
Fruity flapjack

FRIDAY

CHOOSE FROM
Baked battered fish, chips and tomato sauce

- Vegetarian Sweet potato and lentil curry with brown and white rice and Naan style bread

VEGETABLE OF THE DAY
Served with garden peas or sweetcorn

TO FINISH
Chocolate brownie

Green Gourmet's award-winning Red Tractor chicken breast fillet - Winner of the Queen's Award for Enterprise: Innovation 2017

WEEK 3

WEEK STARTING:

November 18
December 9
January 13
February 3
March 2
March 23

Daily selection of alternative desserts: Banana, apple, orange, yoghurt, fruit pot, cheese and biscuits or fruit juice



TUESDAY

CHOOSE FROM
Chicken Korma with brown and white rice and Naan style bread

- Vegetarian Quorn nuggets, roast potatoes and gravy

VEGETABLE OF THE DAY
Served with cauliflower, carrots and green beans

TO FINISH
Winter apple crumble slice

MONDAY

CHOOSE FROM
Pork sausages with mashed potato

- Vegetarian Vegetable burrito

VEGETABLE OF THE DAY
Served with baked beans

TO FINISH
Oaty Cookie

WEDNESDAY

CHOOSE FROM
Bubble salmon with potato wedges

- Vegetarian Margherita pizza with potato wedges

VEGETABLE OF THE DAY
Served with garden peas and sweetcorn

TO FINISH
Carrot cake

FRIDAY

CHOOSE FROM
Baked fish fingers with tomato sauce

- Vegetarian Mexican bean pasty with tomato sauce

VEGETABLE OF THE DAY
Served with chips and garden peas

TO FINISH
Ice cream or fruit smoothie

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

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



"My child has been a fussy eater. When she first started school, I said she had to try everything on the menu at least once. She surprised herself and found new meals that she liked." - FACEBOOK PARENT 2019



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