



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



WEEK 1

WEEK STARTING :

October 31

November 21

December 12

January 16

February 6

March 6

March 27



MONDAY

CHOOSE FROM

- ✓^{Vg} 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

- ✓^{Vg} 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

- ✓^V 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

- ✓^V 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

- ✓^V 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

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

- 🌱 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

- 🌱 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

- 🌱 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

- 🌱 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

- 🌱 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