

YOUR SCHOOL MENU - OCTOBER 2023 - MARCH 2024



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

Vegetarian

Vegan

WEEK 1

WEEK STARTING :
October 30
November 20
December 11
January 15
February 5
March 4
March 25



MONDAY

CHOOSE FROM
✓ Plant-based burger in a bap with diced potatoes
Spaghetti bolognese
ON THE SIDE
Vegetables of the day
TO FINISH
Yoghurt, fruit and freshly baked mini shortbread biscuit

TUESDAY

CHOOSE FROM
✓ Tomato pasta
Italian style chicken goujons with diced potatoes
ON THE SIDE
Vegetables of the day
TO FINISH
Chocolate brownie

WEDNESDAY

CHOOSE FROM
✓ Handmade margherita pizza with crinkle cut wedges
Chicken and oriental style vegetable rice
ON THE SIDE
Vegetables of the day
TO FINISH
Fruit and jelly

THURSDAY

CHOOSE FROM
✓ Quorn chicken pieces in a Yorkshire pudding
Sliced beef and Yorkshire pudding
ON THE SIDE
Vegetables of the day, roast potatoes and gravy
TO FINISH
Lemon drizzle sponge

FRIDAY

CHOOSE FROM
✓ Sweet potato and lentil curry with a blend of brown and white rice
Baked fish fingers and chips
ON THE SIDE
Vegetables of the day
TO FINISH
Freshly baked shortbread biscuit

WEEK 2

WEEK STARTING :
November 6
November 27
January 1
January 22
February 19
March 11

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

TUESDAY

CHOOSE FROM
✓ Roasted vegetable lasagne
Chicken nuggets with diced potatoes
ON THE SIDE
Vegetables of the day
TO FINISH
Apple flapjack

MONDAY

CHOOSE FROM
✓ Plant based burger in a bap
Pork sausage roll and mash
ON THE SIDE
Vegetables of the day
TO FINISH
Yoghurt, fruit and freshly baked mini shortbread biscuit

WEDNESDAY

CHOOSE FROM
✓ Handmade margherita pizza with crinkle cut wedges
Ham carbonara with penne pasta
ON THE SIDE
Vegetables of the day
TO FINISH
Fruit and jelly

THURSDAY

CHOOSE FROM
✓ Vegetable pastry crown
Roast chicken and Yorkshire pudding
ON THE SIDE
Vegetables of the day, roast potatoes and gravy
TO FINISH
Victoria sponge

FRIDAY

CHOOSE FROM
✓ Somerset cheddar cheese and potato frittata
Baked battered fish and chips
ON THE SIDE
Vegetables of the day
TO FINISH
Jumble biscuit

WEEK 3

WEEK STARTING :
Week Starting
November 13
December 4
January 8
January 29
February 26
March 18



MONDAY

CHOOSE FROM
✓ Somerset cheddar cheese and tomato quesadilla with diced potatoes
Pork sausage roll with diced potatoes
ON THE SIDE
Vegetables of the day
TO FINISH
Yoghurt, fruit and freshly baked mini shortbread biscuit

TUESDAY

CHOOSE FROM
✓ Macaroni cheese with Somerset cheddar
Chicken curry with a blend of brown and white rice
ON THE SIDE
Vegetables of the day
TO FINISH
Love cake

WEDNESDAY

CHOOSE FROM
✓ Handmade margherita pizza
Bubble salmon
ON THE SIDE
Vegetables of the day and crinkle cut wedges
TO FINISH
Fruit and jelly

THURSDAY

CHOOSE FROM
✓ Cheese and tomato puff
Roast chicken and Yorkshire pudding
ON THE SIDE
Vegetables of the day, roast potatoes and gravy
TO FINISH
Chocolate orange sponge

FRIDAY

CHOOSE FROM
✓ Vegetable and bean burrito
Baked fish fingers and chips
ON THE SIDE
Vegetables of the day
TO FINISH
Freshly baked marble shortbread biscuit

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

OCTOBER 2023

Su	Mo	Tu	We	Th	Fr	Sa
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

NOVEMBER 2023

Su	Mo	Tu	We	Th	Fr	Sa
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

DECEMBER 2023

Su	Mo	Tu	We	Th	Fr	Sa
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

JANUARY 2024

Su	Mo	Tu	We	Th	Fr	Sa
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

FEBRUARY 2024

Su	Mo	Tu	We	Th	Fr	Sa
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	

MARCH 2024

Su	Mo	Tu	We	Th	Fr	Sa
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						