



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

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CONVERSATION

 @hc3seducation
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AT
LEAST

75%
OF OUR
MEALS

ARE PREPARED FROM
SCRATCH

FISH FROM
WELL-MANAGED AND
SUSTAINABLE SOURCES

COMPLETELY

**NUT
FREE**



Hampshire
County Council

hants.gov.uk/hc3s

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

- ✓^g 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

- ✓^g 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

- ✓^g 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

- ✓ 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

- ✓g 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

- ✓ 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

- ✓ 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

- ✓ 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

- ⑤ 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

- ⑤ 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

- ⑤ 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

- ⑤ 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

- ⑤ 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