

# WEEK 1

Fresh vegetables will change seasonally and may not be shown in the photo.

## YOUR SCHOOL MENU

APRIL – OCTOBER 2024



Hampshire County Council

Education Catering

### MONDAY

#### CHOOSE FROM

Tomato pasta



Chicken fajita with a blend of brown and white rice



#### ON THE SIDE

Vegetables of the day or salad

#### TO FINISH

Freshly baked chocolate shortbread biscuit

### TUESDAY

#### CHOOSE FROM

Sweet potato and lentil curry with a blend of brown and white rice



Pork sausages with mashed potato and gravy



#### ON THE SIDE

Vegetables of the day or salad

#### TO FINISH

Fruit and jelly

### WEDNESDAY

#### CHOOSE FROM

Handmade margherita pizza



Bubble salmon with crinkle cut wedges



#### ON THE SIDE

Vegetables of the day or salad

#### TO FINISH

Banana cake

### THURSDAY

#### CHOOSE FROM

Vegetable wellington



Sliced beef and Yorkshire pudding



#### ON THE SIDE

Vegetables of the day, roast potatoes and gravy

#### TO FINISH

Chocolate sponge cake

### FRIDAY

#### CHOOSE FROM

Roasted vegetable lasagne



Baked omega 3 fillet fish fingers and chips



#### ON THE SIDE

Vegetables of the day or salad

#### TO FINISH

Jam and coconut sponge cake

Contains plant power

Vegetarian

Vegan



FRESH FRUIT SALAD SERVED EVERY DAY

#### WEEK STARTING:

April 15, May 6, June 3, June 24, July 15, September 9, September 30, October 21

FOOD TO FLOURISH®



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

www.hants.gov.uk/hc3s

# WEEK 2

## YOUR SCHOOL MENU

APRIL – OCTOBER 2024



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Education Catering

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MEAT-FREE

MONDAY

CHOOSE FROM

Vegetarian sausage roll with mashed potato



Macaroni cheese with Somerset cheddar



ON THE SIDE

Vegetables of the day or salad

TO FINISH

Freshly baked shortbread biscuit

TUESDAY

CHOOSE FROM

Somerset cheddar cheese and tomato quesadilla with diced potatoes



Chicken Katsu curry with a blend of brown and white rice



ON THE SIDE

Vegetables of the day or salad

TO FINISH

Fresh fruit wedges

WEDNESDAY

CHOOSE FROM

Handmade margherita pizza



Ham carbonara with penne pasta



ON THE SIDE

Vegetables of the day or salad

TO FINISH

Apple sponge cake

THURSDAY

CHOOSE FROM

Quorn and leek crown



Roast chicken and Yorkshire pudding



ON THE SIDE

Vegetables of the day, roast potatoes and gravy

TO FINISH

Marble sponge cake

FRIDAY

CHOOSE FROM

Plant-based burger in a bun with cheese and chips



Baked omega 3 fillet fish fingers and chips



ON THE SIDE

Vegetables of the day or salad

TO FINISH

Chocolate brownie

FRESH FRUIT SALAD SERVED EVERY DAY

WEEK STARTING:

April 22, May 13, June 10, July 1, July 22, September 16, October 7

FOOD TO FLOURISH®



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Contains plant power

Vegetarian

Vegan

# WEEK 3

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## YOUR SCHOOL MENU

APRIL – OCTOBER 2024



Hampshire County Council

Education Catering

### MONDAY

#### CHOOSE FROM

- Somerset cheddar cheese, onion and potato pasty



- Chicken nuggets with diced potatoes



#### ON THE SIDE

Vegetables of the day or salad

#### TO FINISH

Freshly baked marble shortbread biscuit

### TUESDAY

#### CHOOSE FROM

- Plant-based sausage hot dog with diced potatoes



Chicken curry with a blend of brown and white rice



#### ON THE SIDE

Vegetables of the day or salad

#### TO FINISH

Apple crumble

### WEDNESDAY

#### CHOOSE FROM

- Handmade margherita pizza



- Beef Bolognese pasta bake



#### ON THE SIDE

Vegetables of the day or salad

#### TO FINISH

Chocolate banana cake

### THURSDAY

#### CHOOSE FROM

- Quorn pieces in a Yorkshire pudding



Sliced gammon and Yorkshire pudding



#### ON THE SIDE

Vegetables of the day, roast potatoes and gravy

#### TO FINISH

Lemon drizzle cake

### FRIDAY

#### CHOOSE FROM

- Somerset cheddar cheese and potato frittata



Baked omega 3 fillet fish fingers and chips



#### ON THE SIDE

Vegetables of the day or salad

#### TO FINISH

Flapjack

FRESH FRUIT SALAD SERVED EVERY DAY

Contains plant power

Vegetarian

Vegan

FOOD TO FLOURISH®

WEEK STARTING:

April 29, May 20, June 17, July 8, September 2, September 23, October 14



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