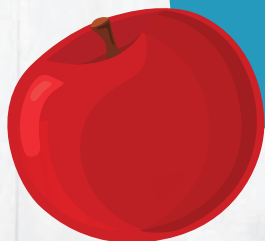


Education Caterer of the Year



YOUR SCHOOL MENU CLASSICS

NOVEMBER 2020 – APRIL 2021



"My children love the school dinner options, always a variety of choices and different cultural dishes to expand their taste buds. They get healthy choices, correct portion sizes and learn to enjoy food in moderation." -
FACEBOOK PARENT 2019



WEEK 1

WEEK STARTING :

November 2

November 23

December 14

January 18

February 8

March 8

March 29



MONDAY

CHOOSE FROM

- Pork sausages with mashed potato and gravy
- ✓ Somerset cheese and onion quiche with diced potatoes

ON THE SIDE

Seasonal vegetables and bread roll

TO FINISH

Ice cream, fruit smoothie or iced lolly

TUESDAY

CHOOSE FROM

Chicken curry with brown and white rice

- ✓ Tomato pasta

ON THE SIDE

Seasonal vegetables and flatbread

TO FINISH

Carrot cake

WEDNESDAY

CHOOSE FROM

Handmade fish cake

- ✓ Margherita pizza

ON THE SIDE

Crinkle cut wedges, baked beans or vegetable of the day and garlic bread

TO FINISH

Freshly baked biscuit

THURSDAY

CHOOSE FROM

Roast chicken and Yorkshire pudding

- ✓ Vegetable Wellington

ON THE SIDE

Seasonal vegetables, roast potatoes gravy and bread roll

TO FINISH

Apple iced bun

FRIDAY

CHOOSE FROM

Baked fish fingers and chips

- ✓ Gnocchi in a tomato, basil and spinach sauce

ON THE SIDE

Garden peas or sweetcorn and sliced bloomer

TO FINISH

A choice of cold desserts

WEEK 2

WEEK STARTING :

November 9

November 30

January 4

January 25

February 22

March 15



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

Pork sausage roll with diced potatoes

- ✔ Macaroni cheese with Somerset cheddar

ON THE SIDE

Seasonal vegetables and bread roll

TO FINISH

Ice cream, fruit smoothie or iced lolly

TUESDAY

CHOOSE FROM

Spaghetti beef Bolognese

- ✔ Vegetable goujons with diced potatoes

ON THE SIDE

Seasonal vegetables and garlic bread

TO FINISH

Chocolate brownie

WEDNESDAY

CHOOSE FROM

- * Bubble salmon
- ✔ Margherita pizza

ON THE SIDE

Crinkle cut wedges, baked beans or vegetable of the day and bread roll

TO FINISH

Freshly baked biscuit

THURSDAY

CHOOSE FROM

Roast beef and Yorkshire pudding

- ✔ Vegetarian toad in the hole

ON THE SIDE

Seasonal vegetables, roast potatoes, gravy and bread roll

TO FINISH

Butterscotch tart

FRIDAY

CHOOSE FROM

Baked battered fish and chips

- ✔ Sweet potato and lentil curry with brown and white rice

ON THE SIDE

Garden peas and flatbread

TO FINISH

A choice of cold desserts

WEEK 3

WEEK STARTING :

November 16

December 7

January 11

February 1

March 1

March 22

Daily selection of alternative desserts; fresh fruit, organic yoghurt, cheese and biscuits or fruit juice



TUESDAY

CHOOSE FROM

Beef lasagne

- ① Oriental fried rice

ON THE SIDE

Seasonal vegetables and garlic bread

TO FINISH

Banana loaf

THURSDAY

CHOOSE FROM

Roast gammon and Yorkshire pudding

- ① Vegetarian sausages and Yorkshire pudding

ON THE SIDE

Seasonal vegetables, roast potatoes, gravy and bread roll

TO FINISH

Fruity summer sponge

MONDAY

CHOOSE FROM

Chicken goujons

- ① Free range omelette

ON THE SIDE

Crinkle cut wedges, baked beans or vegetable of the day and bread roll

TO FINISH

Ice cream, fruit smoothie or iced lolly

WEDNESDAY

CHOOSE FROM

Tuna and sweetcorn pasta bake

- ① Margherita pizza and diced potatoes

ON THE SIDE

Seasonal vegetables and focaccia

TO FINISH

Freshly baked biscuit

FRIDAY

CHOOSE FROM

Baked fish fingers and chips

- ① Somerset cheese and tomato Quesadilla and chips

ON THE SIDE

Garden peas or sweetcorn and sliced bloomer

TO FINISH

A choice of cold desserts

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

① Vegetarian

② Vegan

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