

# WEEK 3

## WEEK STARTING:

May 3  
May 24  
June 21  
July 12  
September 6  
September 27  
October 18

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



## TUESDAY

### CHOOSE FROM

- ✓ Summer vegetable quiche
- Beef burger in a homemade roll

### ON THE SIDE

Selection of seasonal vegetables and crinkle cut wedges

### TO FINISH

Freshly baked biscuit

## THURSDAY

### CHOOSE FROM

- ✓ Quorn fillet
- Toad in the hole

### ON THE SIDE

Selection of seasonal vegetables, roast potatoes and gravy

### TO FINISH

Chocolate brownie



## MONDAY

### CHOOSE FROM

- ✓ Macaroni cheese with Somerset cheddar
- Chicken marinated in a BBQ sauce served with a blend of brown and white rice

### ON THE SIDE

Selection of seasonal vegetables

### TO FINISH

Ice cream

## WEDNESDAY

### CHOOSE FROM

- ✓ Margherita pizza with diced potatoes
- Tuna and sweetcorn pasta bake

### ON THE SIDE

Selection of seasonal vegetables

### TO FINISH

Apple iced bun

## FRIDAY

### CHOOSE FROM

- ✓ Sweet potato and lentil curry with a blend of brown and white rice
- Baked fish fingers and chips

### ON THE SIDE

Baked beans or garden peas

### TO FINISH

A choice of cold desserts

DOWNLOAD OUR CALENDAR AND OTHER MENU OPTIONS HERE  
[www.hants.gov.uk/hc3s](http://www.hants.gov.uk/hc3s)



Sustainable thinking



# YOUR SCHOOL MENU CLASSICS

APRIL-OCTOBER 2021



*"On behalf of the pupils, parents and staff, I would like to thank you for your continued support of our school community, during this unprecedented year. The support you have given the school has helped us to ensure our children do not go hungry or suffer adverse harm."*

- Headteacher 2020



FISH FROM WELL-MANAGED AND SUSTAINABLE SOURCES



✓ Vegetarian  
✓s Vegan

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

# WEEK 1

## WEEK STARTING :

April 19  
May 10  
June 7  
June 28  
July 19  
September 13  
October 4



## TUESDAY

### CHOOSE FROM

- ✓ Free range omelette with diced potatoes

Chicken curry with a blend of brown and white rice

### ON THE SIDE

Selection of seasonal vegetables

### TO FINISH

Freshly baked biscuit

## THURSDAY

### CHOOSE FROM

- ✓ Roasted vegetable puff pastry parcel

Sliced beef and Yorkshire pudding

### ON THE SIDE

Selection of seasonal vegetables, roast potatoes and gravy

### TO FINISH

Apple sponge

## MONDAY

### CHOOSE FROM

- ✓ Gnocchi in a tomato, basil and spinach sauce
- Pork sausages, mashed potato and gravy

### ON THE SIDE

Selection of seasonal vegetables

### TO FINISH

Ice cream

## WEDNESDAY

### CHOOSE FROM

- ✓ Margherita pizza

Handmade fish cake

### ON THE SIDE

Selection of seasonal vegetables and crinkle cut wedges

### TO FINISH

Fruit and yoghurt granola pot

## FRIDAY

### CHOOSE FROM

- ✓ Roasted vegetable lasagne
- Baked fish fingers and chips

### ON THE SIDE

Baked beans or garden peas

### TO FINISH

A choice of cold desserts

# WEEK 2

## WEEK STARTING :

April 26  
May 17  
June 14  
July 5  
August 30  
September 20  
October 11



## MONDAY

### CHOOSE FROM

- ✓ Tomato pasta
- Pork sausage roll with diced potatoes

### ON THE SIDE

Selection of seasonal vegetables

### TO FINISH

Ice cream

## WEDNESDAY

### CHOOSE FROM

- ✓ Margherita pizza

- Bubble salmon

### ON THE SIDE

Selection of seasonal vegetables and crinkle cut wedges

### TO FINISH

Fruity frozen yoghurt

## TUESDAY

### CHOOSE FROM

- ✓ Vegetable burger with homemade potato wedges

Spaghetti beef Bolognese

### ON THE SIDE

Selection of seasonal vegetables

### TO FINISH

Freshly baked biscuit

## THURSDAY

### CHOOSE FROM

- ✓ Vegetarian sausages and Yorkshire pudding

Roast chicken and Yorkshire pudding

### ON THE SIDE

Selection of seasonal vegetables, roast potatoes and gravy

### TO FINISH

Banana muffin

## FRIDAY

### CHOOSE FROM

- ✓ Somerset cheddar cheese and tomato Quesadilla

Baked battered fish

### ON THE SIDE

Baked beans or garden peas and chips

### TO FINISH

A choice of cold desserts