



# YOUR SCHOOL MENU CLASSICS

NOVEMBER 2021 – APRIL 2022



*We continue to be really pleased with HC3S' school lunch service. The portions are great, quality of food is also good, as is the presentation.*

**– Headteacher 2021**



# WEEK 1

## WEEK STARTING :

November 1  
November 22  
December 13  
January 17  
February 7  
March 7  
March 28



## MONDAY

### CHOOSE FROM

- Vg** Vegan spaghetti Bolognaise
- Pork sausage roll with diced potatoes

### ON THE SIDE

Vegetable of the day

### TO FINISH

Fruit salad with vanilla ice cream

## TUESDAY

### CHOOSE FROM

- Vg** Vegetarian sausages, mashed potato and gravy
- Creamy chicken pasta

### ON THE SIDE

Vegetable of the day

### TO FINISH

Chocolate pudding

## WEDNESDAY

### CHOOSE FROM

- V** Margherita pizza with crinkle cut wedges

Chicken curry with a blend of brown and white rice

### ON THE SIDE

Vegetable of the day

### TO FINISH

Freshly baked oat and sultana cookie

## THURSDAY

### CHOOSE FROM

- Vg** Vegan mince and potato pastry parcel
- Sliced beef and Yorkshire pudding

### ON THE SIDE

Vegetable of the day, roast potatoes and gravy

### TO FINISH

Rice pudding topped with fruit compote

## FRIDAY

### CHOOSE FROM

- V** Somerset cheddar cheese and tomato Quesadilla
- Baked fish fingers

### ON THE SIDE

Vegetable of the day and chips

### TO FINISH

A choice of cold desserts

# WEEK 2

## WEEK STARTING :

November 8

November 29

January 3

January 24

February 14

March 14

April 4




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

-  Macaroni cheese with Somerset cheddar
- Lemon and herb marinated chicken with couscous

### ON THE SIDE


Vegetable of the day

### TO FINISH

Fruit crumble and custard

## MONDAY

### CHOOSE FROM

-  Sweet potato and lentil curry with a blend of brown and white rice
- \* Pork sausages, mashed potato and gravy

### ON THE SIDE



Vegetable of the day

### TO FINISH

Fruit salad with vanilla ice cream

## WEDNESDAY

### CHOOSE FROM

-  Margherita pizza
-  Vegetable goujons

### ON THE SIDE


Vegetable of the day and crinkle cut wedges

### TO FINISH

Freshly baked gingerbread

## THURSDAY

### CHOOSE FROM

-  Vegan cottage pie with gravy
- Turkey meatloaf with mashed potato and gravy

### ON THE SIDE


Vegetable of the day

### TO FINISH

Jam and coconut sponge

## FRIDAY

### CHOOSE FROM

-  Free range omelette filled with Somerset cheddar cheese and sliced tomato
- Baked battered fish

### ON THE SIDE

Vegetable of the day and chips

### TO FINISH

A choice of cold desserts

# WEEK 3

## WEEK STARTING :

November 15

December 6

January 10

January 31

February 28

March 21

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



## TUESDAY

### CHOOSE FROM

- ✓ Tomato pasta
- \* Bubble salmon and diced potatoes

### ON THE SIDE

Vegetable of the day

### TO FINISH

Love cake

## THURSDAY

### CHOOSE FROM

- ✓ Homemade vegetarian toad in the hole
- Roast chicken and Yorkshire pudding

### ON THE SIDE

Vegetable of the day, roast potatoes and gravy

### TO FINISH

Chocolate brownie

## MONDAY

### CHOOSE FROM

- ✓ Cheese and onion pasta with potato wedges
- Spaghetti and turkey meatballs

### ON THE SIDE

Vegetable of the day

### TO FINISH

Fruit salad with vanilla ice cream

## WEDNESDAY

### CHOOSE FROM

- ✓ Margherita pizza with crinkle cut wedges
- Chicken and vegetable fried rice with curry sauce

### ON THE SIDE

Vegetable of the day

### TO FINISH

Freshly baked chocolate orange shortbread

## FRIDAY

### CHOOSE FROM

- ✓ Vegetable and bean burrito
- Baked fish fingers and chips

### ON THE SIDE

Vegetable of the day

### TO FINISH

A choice of cold desserts

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