

WEEK 1

WEEK STARTING:

April 20
May 11
June 8
June 29
July 20
September 14
October 5



MONDAY

CHOOSE FROM

- Pork sausages with mashed potato and gravy
- ① 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

- ① Tomato pasta

ON THE SIDE

Seasonal vegetables and flatbread

TO FINISH

Carrot cake

WEDNESDAY

CHOOSE FROM

Handmade fish cake

- ① 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

- ① 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

- ① 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:

April 27
May 18
June 15
July 6
August 31
September 21
October 12

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

- ① 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

- ① Vegetable goujons with diced potatoes

ON THE SIDE

Seasonal vegetables and garlic bread

TO FINISH

Chocolate brownie

WEDNESDAY

CHOOSE FROM

• Bubble salmon

- ① 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

- ① 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

- ① 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:

May 4
June 1
June 22
July 13
September 7
September 28
October 19

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



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 OTHER MENU OPTIONS HERE www.hants.gov.uk/hc3s

① Vegetarian • Crown Foods MSC Gluten Free Bubble Coated Salmon Fillets - Gold Award British Frozen Foods Federation Annual Awards 2017. All menu items are subject to change, based upon availability in the event of unforeseen circumstances.
② Vegan • Langford's Welsh Sausage Co Ltd gold award winning pork and herb sausage - Winner Foodservice Pork Sausage of the Year 2013



APRIL 2020

Su	Mo	Tu	We	Th	Fr	Sa
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

MAY 2020

Su	Mo	Tu	We	Th	Fr	Sa
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

JUNE 2020

Su	Mo	Tu	We	Th	Fr	Sa
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

JULY 2020

Su	Mo	Tu	We	Th	Fr	Sa
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

SEPTEMBER 2020

Su	Mo	Tu	We	Th	Fr	Sa
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

OCTOBER 2020

Su	Mo	Tu	We	Th	Fr	Sa
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

