

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

FOLLOW OUR
CONVERSATION

@hc3seducation
@hc3s6

AT
LEAST

75%
OF OUR
MEALS

ARE PREPARED FROM
SCRATCH

FISH FROM
WELL-MANAGED AND
SUSTAINABLE SOURCES

COMPLETELY

NUT
FREE

WEEK 1

WEEK STARTING :

November 2

November 23

December 14

January 18

February 8

March 8

March 29

FRESH
FRUIT SALAD
SERVED
EVERY DAY

FRESH BREAD
PLUS
SALAD
MADE
DAILY

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



MONDAY

CHOOSE FROM
Chicken goujons

✓ 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

✓ Margherita pizza and diced potatoes

ON THE SIDE
Seasonal vegetables and focaccia

TO FINISH
Freshly baked biscuit

TUESDAY

CHOOSE FROM
Beef lasagne

✓ Oriental fried rice

ON THE SIDE
Seasonal vegetables and garlic bread

TO FINISH
Banana loaf

FRIDAY

CHOOSE FROM
Baked fish fingers and chips

✓ Somerset cheese and tomato Quesadilla and chips

ON THE SIDE
Garden peas or sweetcorn and sliced bloomer

TO FINISH
A choice of cold desserts

THURSDAY

CHOOSE FROM
Roast gammon and Yorkshire pudding

✓ Vegetarian sausages and Yorkshire pudding

ON THE SIDE
Seasonal vegetables, roast potatoes, gravy and bread roll

TO FINISH
Fruity summer sponge

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