

YOUR SCHOOL MENU – OCTOBER 2023 – MARCH 2024



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

WEEK 1

WEEK STARTING:
 October 30
 November 20
 December 11
 January 15
 February 5
 March 4
 March 25



MONDAY

CHOOSE FROM
 ⑨ Plant-based burger in a bap with diced potatoes
 Spaghetti bolognese
ON THE SIDE
 Vegetables of the day
TO FINISH
 Yoghurt, fruit and freshly baked mini shortbread biscuit

TUESDAY

CHOOSE FROM
 ⑨ Tomato pasta
 Italian style chicken goujons with diced potatoes
ON THE SIDE
 Vegetables of the day
TO FINISH
 Chocolate brownie

WEDNESDAY

CHOOSE FROM
 ⑨ Handmade margherita pizza with crinkle cut wedges
 Chicken and oriental style vegetable rice
ON THE SIDE
 Vegetables of the day
TO FINISH
 Fruit and jelly

THURSDAY

CHOOSE FROM
 ⑨ Quorn chicken pieces in a Yorkshire pudding
 Sliced beef and Yorkshire pudding
ON THE SIDE
 Vegetables of the day, roast potatoes and gravy
TO FINISH
 Lemon drizzle sponge

FRIDAY

CHOOSE FROM
 ⑨ Sweet potato and lentil curry with a blend of brown and white rice
 Baked fish fingers and chips
ON THE SIDE
 Vegetables of the day
TO FINISH
 Freshly baked shortbread biscuit

WEEK 2

WEEK STARTING:
 November 6
 November 27
 January 1
 January 22
 February 19
 March 11

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
 ⑨ Meat-free hotdog with diced potatoes
 Cottage pie
ON THE SIDE
 Vegetables of the day
TO FINISH
 Yoghurt, fruit and freshly baked mini shortbread biscuit

TUESDAY

CHOOSE FROM
 ⑨ Roasted vegetable lasagne
 Chicken nuggets with diced potatoes
ON THE SIDE
 Vegetables of the day
TO FINISH
 Apple flapjack

WEDNESDAY

CHOOSE FROM
 ⑨ Handmade margherita pizza with crinkle cut wedges
 Ham carbonara with penne pasta
ON THE SIDE
 Vegetables of the day
TO FINISH
 Fruit and jelly

THURSDAY

CHOOSE FROM
 ⑨ Vegetable pastry crown
 Roast chicken and Yorkshire pudding
ON THE SIDE
 Vegetables of the day, roast potatoes and gravy
TO FINISH
 Victoria sponge

FRIDAY

CHOOSE FROM
 ⑨ Somerset cheddar cheese and potato frittata
 Baked battered fish and chips
ON THE SIDE
 Vegetables of the day
TO FINISH
 Jumble biscuit

WEEK 3

WEEK STARTING:
 Week Starting
 November 13
 December 4
 January 8
 January 29
 February 26
 March 18



MONDAY

CHOOSE FROM
 ⑨ Somerset cheddar cheese and tomato quesadilla with diced potatoes
 Pork sausage roll with diced potatoes
ON THE SIDE
 Vegetables of the day
TO FINISH
 Yoghurt, fruit and freshly baked mini shortbread biscuit

TUESDAY

CHOOSE FROM
 ⑨ Macaroni cheese with Somerset cheddar
 Chicken curry with a blend of brown and white rice
ON THE SIDE
 Vegetables of the day
TO FINISH
 Love cake

WEDNESDAY

CHOOSE FROM
 ⑨ Handmade margherita pizza
 Bubble salmon
ON THE SIDE
 Vegetables of the day and crinkle cut wedges
TO FINISH
 Fruit and jelly

THURSDAY

CHOOSE FROM
 ⑨ Meat-free sausage puff
 Roast chicken and Yorkshire pudding
ON THE SIDE
 Vegetables of the day, roast potatoes and gravy
TO FINISH
 Chocolate orange sponge

FRIDAY

CHOOSE FROM
 ⑨ Vegetable and bean burrito
 Baked fish fingers and chips
ON THE SIDE
 Vegetables of the day
TO FINISH
 Freshly baked marble shortbread biscuit

DOWNLOAD OUR CALENDAR AND PICTURE MENU RESOURCES HERE www.hants.gov.uk/hc3s

OCTOBER 2023

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				

NOVEMBER 2023

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		

DECEMBER 2023

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						

JANUARY 2024

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			

FEBRUARY 2024

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		

MARCH 2023

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						