



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











WEEK 1

WEEK STARTING:

April 19

May 10

June 7

June 28

July 19

September 13 October 4





MONDAY

CHOOSE FROM

- Of 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

TUESDAY

CHOOSE FROM

V Free range omelette with diced potatoes

Chicken curry with a blend of brown and white rice

ON THE SIDE

Selection of seasonal vegetables

Freshly baked biscuit

WEDNESDAY

CHOOSE FROM

W Margherita pizza

Handmade fish cake

ON THE SIDE

Selection of seasonal vegetables and crinkle cut wedges

TO FINISH

Fruit and yoghurt granola pot

THURSDAY

CHOOSE FROM

19 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

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

Our primary school menus comply with the and nutritional an average of

Government's food standards, meeting 530 calories for each meal

MONDAY

CHOOSE FROM

V Tomato pasta

Pork sausage roll with diced potatoes

ON THE SIDE

Selection of seasonal vegetables

Ice cream

TUESDAY

CHOOSE FROM

9 Vegetable burger with homemade potato wedges

Spaghetti beef Bolognaise

ON THE SIDE

Selection of seasonal vegetables

Freshly baked biscuit

WEDNESDAY

CHOOSE FROM

- W Margherita pizza
- Bubble salmon

ON THE SIDE

Selection of seasonal vegetables and crinkle cut wedges

Fruity frozen yoghurt

THURSDAY

CHOOSE FROM

VVegetarian sausages and Yorkshire pudding

Roast chicken and Yorkshire pudding

ON THE SIDE

Selection of seasonal vegetables, roast potatoes and gravy

Banana muffin

FRIDAY

CHOOSE FROM

♥Somerset cheddar cheese and tomato Ouesadilla

Baked battered fish

ON THE SIDE

Baked beans or garden peas and chips

A choice of cold desserts

Crown Foods MSC Gluten Free Bubble Coated Salmon Fillets - Gold Award British Frozen Foods Federation Annual Awards 2017

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

ONTHE SIDE

Selection of seasonal vegetables and crinkle cut wedges

TO FINISH

Freshly baked biscuit

THURSDAY

CHOOSE FROM

- **(V)** Ouorn 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