

WEEK 1

WEEK STARTING:
 April 25
 May 16
 June 13
 July 4
 August 29
 September 19
 October 10



MONDAY

CHOOSE FROM
 ✓ Summer vegetable quiche with new potatoes
 • Pork sausages with mashed potato and gravy
 ON THE SIDE
 Vegetable of the day or salad
 TO FINISH
 Ice cream served with a selection of fruit

TUESDAY

CHOOSE FROM
 ✓ Tomato pasta
 BBQ chicken fillet with diced potatoes
 ON THE SIDE
 Vegetable of the day or salad
 TO FINISH
 Freshly baked gingerbread

THURSDAY

CHOOSE FROM
 ✓ Vegetarian sausage puff
 Roast chicken with stuffing
 ON THE SIDE
 Roast potatoes, vegetable of the day and gravy
 TO FINISH
 Chocolate brownie

WEDNESDAY

CHOOSE FROM
 ✓ Margherita pizza
 Bubble salmon
 ON THE SIDE
 Crinkle cut wedges and vegetable of the day or salad
 TO FINISH
 Victoria sponge

FRIDAY

CHOOSE FROM
 ✓ Somerset cheddar cheese and tomato Quesadilla
 Baked fish fingers
 ON THE SIDE
 Chips and vegetable of the day or salad
 TO FINISH
 A choice of desserts

WEEK 2

WEEK STARTING:
 May 2
 May 23
 May 20
 June 20
 July 11
 September 5
 September 26
 October 17

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
 ✓ Vegan Bolognaise
 Pork sausage roll with mashed potato
 ON THE SIDE
 Vegetable of the day or salad
 TO FINISH
 Ice cream served with a selection of fruit

TUESDAY

CHOOSE FROM
 ✓ Quorn and vegetable Fajita
 Chicken nuggets
 ON THE SIDE
 Crinkle cut wedges and vegetable of the day or salad
 TO FINISH
 Freshly baked shortbread

THURSDAY

CHOOSE FROM
 ✓ Quorn and leek pastry crown
 Sliced beef and Yorkshire pudding
 ON THE SIDE
 Roast potatoes, vegetable of the day and gravy
 TO FINISH
 Apple sponge

WEDNESDAY

CHOOSE FROM
 ✓ Margherita pizza with diced potatoes
 Chicken curry with a blend of brown and white rice
 ON THE SIDE
 Vegetable of the day or salad
 TO FINISH
 Banana flapjack

FRIDAY

CHOOSE FROM
 ✓ Vegetable lasagne
 Baked battered fish and chips
 ON THE SIDE
 Vegetable of the day or salad
 TO FINISH
 A choice of desserts

WEEK 3

WEEK STARTING:
 May 9
 June 6
 June 27
 July 18
 September 12
 October 3

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

MONDAY

CHOOSE FROM
 ✓ Macaroni cheese with Somerset cheddar
 Burger in a bap with homemade potato wedges
 ON THE SIDE
 Vegetable of the day or salad
 TO FINISH
 Ice cream served with a selection of fruit

WEDNESDAY

CHOOSE FROM
 ✓ Margherita pizza with crinkle cut wedges
 Fruity Caribbean chicken fillet with coconut rice
 ON THE SIDE
 Vegetable of the day or salad
 TO FINISH
 Eton mess

FRIDAY

CHOOSE FROM
 ✓ Sweet potato and lentil curry with a blend of brown and white rice
 Baked fish fingers with chips
 ON THE SIDE
 Vegetable of the day or salad
 TO FINISH
 A choice of desserts

TUESDAY

CHOOSE FROM
 ✓ Vegetable goujon and diced potatoes
 Spaghetti with turkey meatballs
 ON THE SIDE
 Vegetable of the day or salad
 TO FINISH
 Freshly baked oat biscuit

THURSDAY

CHOOSE FROM
 ✓ Vegetarian sausages and Yorkshire pudding
 Sliced pork and Yorkshire pudding
 ON THE SIDE
 Roast potatoes, vegetable of the day and gravy
 TO FINISH
 Iced carrot cake

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

✓ Vegetarian ✳ Langford's Welsh Sausage Co Ltd gold award winning pork and herb sausage – BPEX Foodservice Pork Sausage of the Year 2013
 ✓s Vegan

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

APRIL 2022

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 2022

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 2022

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 2022

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 2022

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 2022

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					