

YOUR SCHOOL MENU – OCTOBER 2023 – MARCH 2024



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

Vegetarian Vegan

WEEK 1

WEEK STARTING :

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



MONDAY

CHOOSE FROM

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

Tomato pasta
Italian style chicken goujons with diced potatoes

ON THE SIDE

Vegetables of the day

TO FINISH

Chocolate brownie

WEDNESDAY

CHOOSE FROM

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

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

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

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

Roasted vegetable lasagne
Chicken nuggets with diced potatoes

ON THE SIDE

Vegetables of the day

TO FINISH

Apple flapjack

WEDNESDAY

CHOOSE FROM

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

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

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

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

WEDNESDAY

CHOOSE FROM

Handmade margherita pizza
Bubble salmon

ON THE SIDE

Vegetables of the day and crinkle cut wedges

TO FINISH

Fruit and jelly

FRIDAY

CHOOSE FROM

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						