

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 Bolognaise

- ✓ 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

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

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

✓ Vegetarian

✓ Vegan



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



Langford's Welsh Sausage Co Ltd gold award winning pork and herb sausage - Winner Foodservice Pork Sausage of the Year 2013

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



AT LEAST 75% OF OUR MEALS ARE PREPARED FROM SCRATCH

NOVEMBER 2020

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 2020

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 2021

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 2021

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						

MARCH 2021

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			



COMPLETELY NUT FREE