

WEEK 1

WEEK STARTING :

November 4
November 25
December 16
January 20
February 10
March 9
March 30



MONDAY

CHOOSE FROM

- BBQ chicken in a wrap with brown and white rice
- Macaroni cheese with garlic bread finger

VEGETABLE OF THE DAY

Served with green beans or sweetcorn

TO FINISH

Lemon crunch biscuit

TUESDAY

CHOOSE FROM

- Pork grill
- Vegetable goujons

VEGETABLE OF THE DAY

Served with roast potatoes, cauliflower, green beans, carrots and gravy

TO FINISH

Apple and blackberry muffin

THURSDAY

CHOOSE FROM

- Roast chicken
- Vegetarian sausages

VEGETABLE OF THE DAY

Served with roast potatoes, seasonal swede and carrot and gravy

TO FINISH

A choice of cold desserts

WEDNESDAY

CHOOSE FROM

- Beef Bolognese with pasta and garlic bread finger
- Margherita pizza with potato wedges

VEGETABLE OF THE DAY

Served with garden peas

TO FINISH

Mini biscuit and fresh fruit wedge

FRIDAY

CHOOSE FROM

- Baked fish fingers with tomato sauce
- Curried vegetable puff

VEGETABLE OF THE DAY

Served with chips, baked beans or garden peas

TO FINISH

Cheddar cheese and crackers

WEEK 2

WEEK STARTING :

November 11
December 2
January 6
January 27
February 24
March 16

Our primary school menus comply with the Government's food based and nutritional standards, meeting an average of 530 calories for each meal

MONDAY

CHOOSE FROM

Chicken grill in a bap

- Tomato pasta with garlic bread finger

VEGETABLE OF THE DAY

Served with garden peas

TO FINISH

Ice cream or fruit smoothie

TUESDAY

CHOOSE FROM

- Roast beef and Yorkshire pudding
- Vegetarian sausage puff

VEGETABLE OF THE DAY

Served with roast potatoes, gravy and vegetable medley

TO FINISH

Tutti fruity sponge

WEDNESDAY

CHOOSE FROM

- Quorn burger with mashed potatoes
- Margherita pizza with potato wedges

VEGETABLE OF THE DAY

Served with baked beans or garden peas

TO FINISH

A choice of cold desserts

THURSDAY

CHOOSE FROM

- Roast chicken, roast potatoes and gravy
- Cauliflower cheese with tomato bread

VEGETABLE OF THE DAY

Served with carrots and broccoli

TO FINISH

Fruity flapjack

FRIDAY

CHOOSE FROM

- Baked battered fish, chips and tomato sauce
- Sweet potato and lentil curry with brown and white rice and Naan style bread

VEGETABLE OF THE DAY

Served with garden peas or sweetcorn

TO FINISH

Chocolate brownie

WEEK 3

WEEK STARTING :

November 18
December 9
January 13
February 3
March 2
March 23

Daily selection of alternative desserts; Banana, apple, orange, yoghurt, fruit pot, cheese and biscuits or fruit juice



MONDAY

CHOOSE FROM

Pork sausages with mashed potato
Vegetable burrito

- VEGETABLE OF THE DAY

Served with baked beans

TO FINISH

Oaty Cookie

WEDNESDAY

CHOOSE FROM

- Bubble salmon with potato wedges
- Margherita pizza with potato wedges

VEGETABLE OF THE DAY

Served with garden peas and sweetcorn

TO FINISH

Carrot cake

FRIDAY

CHOOSE FROM

- Baked fish fingers with tomato sauce
- Mexican bean roll with tomato sauce

VEGETABLE OF THE DAY

Served with chips and garden peas

TO FINISH

Ice cream or fruit smoothie

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

Vegetarian Crown Foods MSC Gluten Free Bubble Coated Salmon Fillets - Gold Award British Frozen Foods Federation Annual Awards 2017. Green Gourmet's award-winning Red Tractor chicken breast fillet - Winner of the Queen's Award for Enterprise: Innovation 2017. All menu items are subject to change, based upon availability in the event of unforeseen circumstances.



NOVEMBER 2019

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 2019

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 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

FEBRUARY 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

MARCH 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				

APRIL 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		

