WEEK 1

WEEK STARTING:
April 20
May 11
June 8
June 29
July 20
September 14
October 5

FRESH FRUIT SALAD SERVED EVERY DAY

FRESH BREAD PLUS SALAD MADE DAILY

MONDAY
CHOOSE FROM
*Pork sausages with mashed potato and gravy
(V) 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
(V) Tomato pasta
ON THE SIDE
Seasonal vegetables and flatbread
TO FINISH
Carrot cake

WEDNESDAY
CHOOSE FROM
Handmade fish cake
(V) 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
(Vg) 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
(V) 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:
April 27
May 18
June 15
July 6
August 31
September 21
October 12

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
(V) 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
(Vg) Vegetable goujons with diced potatoes
ON THE SIDE
Seasonal vegetables and garlic bread
TO FINISH
Chocolate brownie

WEDNESDAY
CHOOSE FROM
*Bubble salmon
(V) Margherita pizza
ON THE SIDE
Crinkle cut wedges, baked beans or vegetable of the day and bread roll
TO FINISH
Freshly baked biscuit

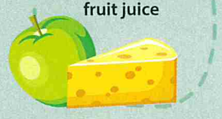
THURSDAY
CHOOSE FROM
Roast beef and Yorkshire pudding
(V) Vegetarian toad in the hole
ON THE SIDE
Seasonal vegetables, roast potatoes, gravy and bread roll
TO FINISH
Butterscotch tart

FRIDAY
CHOOSE FROM
Baked battered fish and chips
(Vg) 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:
May 4
June 1
June 22
July 13
September 7
September 28
October 19

Daily selection of alternative desserts; fresh fruit, organic yoghurt, cheese and biscuits or fruit juice



MONDAY
CHOOSE FROM
Chicken goujons
(V) 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

TUESDAY
CHOOSE FROM
Beef lasagne
(V) Oriental fried rice
ON THE SIDE
Seasonal vegetables and garlic bread
TO FINISH
Banana loaf

WEDNESDAY
CHOOSE FROM
Tuna and sweetcorn pasta bake
(V) Margherita pizza and diced potatoes
ON THE SIDE
Seasonal vegetables and focaccia
TO FINISH
Freshly baked biscuit

THURSDAY
CHOOSE FROM
Roast gammon and Yorkshire pudding
(V) Vegetarian sausages and Yorkshire pudding
ON THE SIDE
Seasonal vegetables, roast potatoes, gravy and bread roll
TO FINISH
Fruity summer sponge

FRIDAY
CHOOSE FROM
Baked fish fingers and chips
(V) 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

(V) Vegetarian
(Ve) Vegan

* Crown Foods MSC Gluten Free Bubble Coated Salmon Fillets - Gold Award British Frozen Foods Federation Annual Awards 2017. All menu items are subject to change, based upon availability in the event of unforeseen circumstances.
* Langford's Welsh Sausage Co Ltd gold award winning pork and herb sausage - Winner Foodservice Pork Sausage of the Year 2013

FOOD FOR LIFE BRONZE SCHOOL AWARD Soil Association

AT LEAST 75% OF OUR MEALS ARE PREPARED FROM SCRATCH

COMPLETELY NUT FREE

BUY WITH CONFIDENCE TRADING STANDARDS APPROVED
buywithconfidence.gov.uk

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		

MAY 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						

JUNE 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				

JULY 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	

SEPTEMBER 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			

OCTOBER 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

Hampshire County Council

HC3S FOOD TO FLOURISH