

# 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

- ① 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

- ① Vegetable goujons

### VEGETABLE OF THE DAY

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

### TO FINISH

Apple and blackberry muffin

## WEDNESDAY

### CHOOSE FROM

Beef Bolognese with pasta and garlic bread finger

- ① Margherita pizza with potato wedges

### VEGETABLE OF THE DAY

Served with garden peas

### TO FINISH

Mini biscuit and fresh fruit wedge

## THURSDAY

### CHOOSE FROM

Roast chicken

- ① Vegetarian sausages

### VEGETABLE OF THE DAY

Served with roast potatoes, seasonal swede and carrot and gravy

### TO FINISH

A choice of cold desserts

## FRIDAY

### CHOOSE FROM

Baked fish fingers with tomato sauce

- ① 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 630 calories for each meal*

## MONDAY

### CHOOSE FROM

Chicken grill in a bag

- ① 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

- ① Vegetarian sausage puff

### VEGETABLE OF THE DAY

Served with roast potatoes, gravy and vegetable medley

### TO FINISH

Tutti fruity sponge

## WEDNESDAY

### CHOOSE FROM

① Quorn burger with mashed potatoes

- ② 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

- ① 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

- ① 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 16  
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



## TUESDAY

### CHOOSE FROM

Chicken Karoma with brown and white rice and Naan style bread

- Quorn nuggets, roast potatoes and gravy

### VEGETABLE OF THE DAY

Served with cauliflower, carrots and green beans

### TO FINISH

Winter apple crumble slice

## THURSDAY

### CHOOSE FROM

Roast chicken, roast potatoes and gravy

- Roasted vegetable pasta bake with garlic bread finger

### VEGETABLE OF THE DAY

Served with green beans or carrots

### TO FINISH

Shortbread

## 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 pasty with tomato sauce

### VEGETABLE OF THE DAY

Served with chips and garden peas

### TO FINISH

Ice cream or fruit smoothie

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[www.hants.gov.uk/hc3s](http://www.hants.gov.uk/hc3s)



"My child has been a fussy eater. When she first started school, I said she had to try everything on the menu at least once. She surprised herself and found new meals that she liked." FACEBOOK PARENT 2019



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