

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 bag 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

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

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

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

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

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

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:
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 salami
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

TUESDAY

CHOOSE FROM
Macaroni cheese with Somerset cheddar
Chicken curry with a blend of brown and white rice
ON THE SIDE
Vegetables of the day
TO FINISH
Love cake

THURSDAY

CHOOSE FROM
Meat-free sausage puff
Roast Beef + Yorkshire Pudding
ON THE SIDE
Vegetables of the day, roast potatoes and gravy
TO FINISH
Chocolate orange sponge

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						