

# WEEK 1

Fresh vegetables will change seasonally and may not be shown in the photo.

## YOUR SCHOOL MENU

APRIL – OCTOBER 2024



Hampshire  
County Council


Education Catering

### MONDAY

#### CHOOSE FROM

Tomato pasta 



Chicken fajita with a blend of brown and white rice 



#### ON THE SIDE


Vegetables of the day or salad

#### TO FINISH

Freshly baked chocolate shortbread biscuit

### TUESDAY

#### CHOOSE FROM

Sweet potato and lentil curry with a blend of brown and white rice 



Pork sausages with mashed potato and gravy



#### ON THE SIDE

Vegetables of the day or salad

#### TO FINISH

Fruit and jelly

### WEDNESDAY

#### CHOOSE FROM

Handmade margherita pizza 



Bubble salmon with crinkle cut wedges



#### ON THE SIDE

Vegetables of the day or salad

#### TO FINISH

Banana cake

### THURSDAY

#### CHOOSE FROM

Vegetable wellington 



Sliced beef and Yorkshire pudding



#### ON THE SIDE

Vegetables of the day, roast potatoes and gravy

#### TO FINISH

Chocolate sponge cake

### FRIDAY

#### CHOOSE FROM

Roasted vegetable lasagne 



Baked omega 3 fillet fish fingers and chips



#### ON THE SIDE

Vegetables of the day or salad

#### TO FINISH

Jam and coconut sponge cake

Contains plant power

Vegetarian

Vegan

**FRESH  
FRUIT SALAD  
SERVED  
EVERY DAY**

Fish finger wrap

Jacket potato  
with tuna

Jacket potato  
with beans

**FOOD TO  
FLOURISH®**

WEEK STARTING:

April 15, May 6, June 3, June 24, July 15,  
September 9, September 30, October 21



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

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

# WEEK 2

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## YOUR SCHOOL MENU

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### MEAT-FREE

#### MONDAY

##### CHOOSE FROM

-  Vegetarian sausage roll with mashed potato



Macaroni cheese with Somerset cheddar



##### ON THE SIDE

Vegetables of the day or salad

##### TO FINISH

Freshly baked shortbread biscuit

#### TUESDAY

##### CHOOSE FROM

- Somerset cheddar cheese and tomato quesadilla with diced potatoes 



Chicken Katsu curry with a blend of brown and white rice 



##### ON THE SIDE

Vegetables of the day or salad

##### TO FINISH

Fresh fruit wedges

Jacket potato with beans

#### WEDNESDAY

##### CHOOSE FROM

- Handmade margherita pizza 



Ham carbonara with penne pasta



##### ON THE SIDE

Vegetables of the day or salad

##### TO FINISH

Apple sponge cake

Fish finger wrap

#### THURSDAY

##### CHOOSE FROM

- Quorn and leek crown 



Roast chicken and Yorkshire pudding



##### ON THE SIDE

Vegetables of the day, roast potatoes and gravy


##### TO FINISH

Marble sponge cake

Jacket potato with tuna

#### FRIDAY

##### CHOOSE FROM

- Plant-based burger in a bap with cheese and chips 



Baked omega 3 fillet fish fingers and chips



##### ON THE SIDE

Vegetables of the day or salad

##### TO FINISH

Chocolate brownie

Jacket potato with beans

FRESH  
FRUIT SALAD  
SERVED  
EVERY DAY

#### WEEK STARTING:

April 22, May 13, June 10, July 1, July 22,  
September 16, October 7

FOOD TO  
FLOURISH®



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Contains plant power

Vegetarian

Vegan



# WEEK 3

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## YOUR SCHOOL MENU

APRIL – OCTOBER 2024




Hampshire  
County Council


Education Catering

### MONDAY

#### CHOOSE FROM

-  Somerset cheddar cheese, onion and potato pasty



-  Chicken nuggets with diced potatoes



#### ON THE SIDE

Vegetables of the day or salad

#### TO FINISH

Freshly baked marble shortbread biscuit

Jacket potato with cheese

### TUESDAY

#### CHOOSE FROM

- Plant-based sausage hot dog with diced potatoes 



Chicken curry with a blend of brown and white rice



#### ON THE SIDE

Vegetables of the day or salad

#### TO FINISH

Apple crumble

Jacket potato with beans

**FRESH  
FRUIT SALAD  
SERVED  
EVERY DAY**

### WEDNESDAY

#### CHOOSE FROM

- Handmade margherita pizza 



-  Beef Bolognaise pasta bake



#### ON THE SIDE

Vegetables of the day or salad


#### TO FINISH

Chocolate banana cake

Fish finger wrap

### THURSDAY

#### CHOOSE FROM

-  Quorn pieces in a Yorkshire pudding



Sliced gammon and Yorkshire pudding



#### ON THE SIDE

Vegetables of the day, roast potatoes and gravy

#### TO FINISH

Lemon drizzle cake

Jacket potato with tuna

### FRIDAY

#### CHOOSE FROM

-  Somerset cheddar cheese and potato frittata



Baked omega 3 fillet fish fingers and chips



#### ON THE SIDE

Vegetables of the day or salad

#### TO FINISH

Flapjack

Jacket potato with beans

Contains plant power

 Vegetarian

 Vegan

Alternative option

**FOOD** TO  
**FLOURISH**®

WEEK STARTING:

April 29, May 20, June 17, July 8, September 2,  
September 23, October 14



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