## YOUR SCHOOL MENU
### APRIL – OCTOBER 2019
#### WEEK 1

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>CHOOSE FROM</strong></td>
<td><strong>CHOOSE FROM</strong></td>
<td><strong>CHOOSE FROM</strong></td>
<td><strong>CHOOSE FROM</strong></td>
<td><strong>CHOOSE FROM</strong></td>
</tr>
<tr>
<td>Chicken fillet in a bap with diced potatoes</td>
<td>Sausage roll with choice of potato</td>
<td>Chicken Korma with brown and white rice and Naan style bread</td>
<td>Pasta Bolognaise</td>
<td>Baked fish finger pocket with tomato sauce</td>
</tr>
<tr>
<td>Rotated vegetable pasta with garlic bread finger</td>
<td>Vegetarian cottage pie</td>
<td>Margherita pizza with diced potatoes or wedges</td>
<td>Vegetarian sausages with mashed potato and gravy</td>
<td>Cheese, red onion and tomato pasty</td>
</tr>
<tr>
<td><strong>VEGETABLE OF THE DAY</strong></td>
<td><strong>VEGETABLE OF THE DAY</strong></td>
<td><strong>VEGETABLE OF THE DAY</strong></td>
<td><strong>VEGETABLE OF THE DAY</strong></td>
<td><strong>VEGETABLE OF THE DAY</strong></td>
</tr>
<tr>
<td>Served with garden peas and sweetcorn</td>
<td>Served with green beans, diced carrot and gravy</td>
<td>Served with broccoli or coleslaw</td>
<td>Served with a medley of green vegetables</td>
<td>Served with chips, garden peas or baked beans</td>
</tr>
<tr>
<td><strong>TO FINISH</strong></td>
<td><strong>TO FINISH</strong></td>
<td><strong>TO FINISH</strong></td>
<td><strong>TO FINISH</strong></td>
<td><strong>TO FINISH</strong></td>
</tr>
<tr>
<td>Ice cream, fruit smoothie or apple lolly</td>
<td>Apple shortbread sandwich</td>
<td>Seasonal fresh fruit medley</td>
<td>Mini muffin</td>
<td>Lemon crunch biscuit</td>
</tr>
</tbody>
</table>

22nd April, 13th May, 10th June, 1st and 22nd July, 16th September and 7th October

**WEEK COMMENCING**

Extra freshly baked bread plus salad available daily

A selection of alternative desserts; Banana, apple, orange, yoghurt, rice pot, fruity pot, cheese and biscuits or fruit juice are available daily

[Logo and text for Hampshire County Council]
# YOUR SCHOOL MENU
## APRIL – OCTOBER 2019

### WEEK 2

#### MONDAY
- **CHOOSE FROM**
  - BBQ chicken filet
  - Mixed vegetable wrap with tomato salad
- **VEGETABLE OF THE DAY**
  - Served with diced potatoes and broccoli
- **TO FINISH**
  - Ice cream, fruit smoothie or apple lolly

#### TUESDAY
- **CHOOSE FROM**
  - Roast beef, Yorkshire pudding, roast potatoes and gravy
  - Quorn chilli with brown and white rice
- **VEGETABLE OF THE DAY**
  - Served with carrots and green beans
- **TO FINISH**
  - A choice of cold desserts

#### WEDNESDAY
- **CHOOSE FROM**
  - Summer vegetable bake
  - Margherita pizza with diced potatoes or wedges
- **VEGETABLE OF THE DAY**
  - Served with broccoli or coleslaw
- **TO FINISH**
  - Seasonal fresh fruit medley

#### THURSDAY
- **CHOOSE FROM**
  - Roast beef, Yorkshire pudding, roast potatoes and gravy
  - Pork grill, mashed potato and gravy
- **VEGETABLE OF THE DAY**
  - Served with carrots and green beans
- **TO FINISH**
  - A choice of cold desserts

#### FRIDAY
- **CHOOSE FROM**
  - Battered fish goujons, chips and tomato sauce
  - Vegetable curry, brown and white rice and Naan style bread
- **VEGETABLE OF THE DAY**
  - Served with garden peas or baked beans
- **TO FINISH**
  - Love cake

**WEEK COMMENCING**
- 29th April, 20th May, 17th June, 8th July, 2nd and 23rd September and 14th October

**OUR AWARDS**

**WEEK COMMENCING**
- Extra freshly baked bread plus salad available daily
- A selection of alternative desserts; banana, apple, orange, yoghurt, rice pot, fruity pot, cheese and biscuits or fruit juice are available daily

---

**Vegetarian**

- Green Gourmet’s award-winning Red Tractor Chicken breast fillet - Winner of the Queen’s Award for Enterprise: Innovation 2017

**Extra Freshly Baked Bread Plus Salad Available Daily**

**A Selection of Alternative Desserts**

- Banana, apple, orange, yoghurt, rice pot, fruity pot, cheese and biscuits or fruit juice are available daily

---

**Hampshire County Council**

---

**HC3S Food to Flourish**
YOUR SCHOOL MENU
APRIL – OCTOBER 2019

WEEK 3

MONDAY

CHOOSE FROM
Pork sausages with mashed potato and gravy

Vegetable swirl

VEGETABLE OF THE DAY
Served with broccoli or baked beans

TO FINISH
Ice cream, fruit smoothie or apple lolly

TUESDAY

CHOOSE FROM
Roast chicken

Quorn grill

VEGETABLE OF THE DAY
Served with roast potatoes, gravy and a medley of broccoli, cauliflower and carrots

TO FINISH
Fruity summer sponge

WEDNESDAY

CHOOSE FROM
Bubble salmon

Margherita pizza

VEGETABLE OF THE DAY
Served with diced potatoes or wedges, coleslaw or garden peas

TO FINISH
Seasonal fresh fruit medley

THURSDAY

CHOOSE FROM
BBQ beef lattice with potato wedges

Tomato pasta with garlic bread finger

VEGETABLE OF THE DAY
Served with green beans and sweetcorn

TO FINISH
Marble shortbread

FRIDAY

CHOOSE FROM
Baked fish fingers with tomato sauce

Quorn nuggets with tomato sauce

VEGETABLE OF THE DAY
Served with chips and garden peas

TO FINISH
Cheddar cheese and crackers

WEEK COMMENCING
6th May, 3rd and 24th June, 15th July, 9th and 30th September and 21st October