

WEEK 3

WEEK STARTING:

November 15

December 6

January 10

January 31

February 28

March 21

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



TUESDAY

CHOOSE FROM

- ✓ Tomato pasta
- * Bubble salmon and diced potatoes

ON THE SIDE

Vegetable of the day

TO FINISH

Love cake

THURSDAY

CHOOSE FROM

- ✓ Homemade vegetarian toad in the hole
- Roast chicken and Yorkshire pudding

ON THE SIDE

Vegetable of the day, roast potatoes and gravy

TO FINISH

Chocolate brownie

MONDAY

CHOOSE FROM

- ✓ Cheese and onion pasta with potato wedges
- Spaghetti and turkey meatballs

ON THE SIDE

Vegetable of the day

TO FINISH

Fruit salad with vanilla ice cream

WEDNESDAY

CHOOSE FROM

- ✓ Margherita pizza with crinkle cut wedges
- Chicken and vegetable fried rice with curry sauce

ON THE SIDE

Vegetable of the day

TO FINISH

Freshly baked chocolate orange shortbread

FRIDAY

CHOOSE FROM

- ✓ Vegetable and bean burrito
- Baked fish fingers and chips

ON THE SIDE

Vegetable of the day

TO FINISH

A choice of cold desserts

DOWNLOAD OUR CALENDAR AND STREETS MENU OPTIONS HERE
www.hants.gov.uk/hc3s



YOUR SCHOOL MENU CLASSICS

NOVEMBER 2021 – APRIL 2022



We continue to be really pleased with HC3S' school lunch service. The portions are great, quality of food is also good, as is the presentation.

– Headteacher 2021



WEEK 1

WEEK STARTING :

November 1
November 22
December 13
January 17
February 7
March 7
March 28



MONDAY

CHOOSE FROM

- Vegan spaghetti Bolognaise
- Pork sausage roll with diced potatoes

ON THE SIDE

Vegetable of the day

TO FINISH

Fruit salad with vanilla ice cream

TUESDAY

CHOOSE FROM

- Vegetarian sausages, mashed potato and gravy
- Creamy chicken pasta

ON THE SIDE

Vegetable of the day

TO FINISH

Chocolate pudding

WEDNESDAY

CHOOSE FROM

- Margherita pizza with crinkle cut wedges

Chicken curry with a blend of brown and white rice

ON THE SIDE

Vegetable of the day

TO FINISH

Freshly baked oat and sultana cookie

THURSDAY

CHOOSE FROM

- Vegan mince and potato pastry parcel
- Sliced beef and Yorkshire pudding

ON THE SIDE

Vegetable of the day, roast potatoes and gravy

TO FINISH

Rice pudding topped with fruit compote

FRIDAY

CHOOSE FROM

- Somerset cheddar cheese and tomato Quesadilla
- Baked fish fingers

ON THE SIDE

Vegetable of the day and chips

TO FINISH

A choice of cold desserts

WEEK 2

WEEK STARTING :

November 8
November 29
January 3
January 24
February 14
March 14
April 4

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

- Sweet potato and lentil curry with a blend of brown and white rice
- Pork sausages, mashed potato and gravy

ON THE SIDE

Vegetable of the day

TO FINISH

Fruit salad with vanilla ice cream

TUESDAY

CHOOSE FROM

- Macaroni cheese with Somerset cheddar
- Lemon and herb marinated chicken with couscous

ON THE SIDE

Vegetable of the day

TO FINISH

Fruit crumble and custard

WEDNESDAY

CHOOSE FROM

- Margherita pizza
- Vegetable goujons

ON THE SIDE

Vegetable of the day and crinkle cut wedges

TO FINISH

Freshly baked gingerbread

THURSDAY

CHOOSE FROM

- Vegan cottage pie with gravy
- Turkey meatloaf with mashed potato and gravy

ON THE SIDE

Vegetable of the day

TO FINISH

Jam and coconut sponge

FRIDAY

CHOOSE FROM

- Free range omelette filled with Somerset cheddar cheese and sliced tomato
- Baked battered fish

ON THE SIDE

Vegetable of the day and chips

TO FINISH

A choice of cold desserts