

# YOUR SCHOOL MENU – OCTOBER 2023 – MARCH 2024



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

## WEEK 1

**WEEK STARTING:**  
 October 30  
 November 20  
 December 11  
 January 15  
 February 5  
 March 4  
 March 25



### MONDAY

**CHOOSE FROM**  
 ⑨ Plant-based burger in a bap 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**  
 ⑨ Tomato pasta  
 Italian style chicken goujons with diced potatoes  
**ON THE SIDE**  
 Vegetables of the day  
**TO FINISH**  
 Chocolate brownie

### WEDNESDAY

**CHOOSE FROM**  
 ⑨ 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

### THURSDAY

**CHOOSE FROM**  
 ⑨ 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

### FRIDAY

**CHOOSE FROM**  
 ⑨ 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**  
 ⑨ 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**  
 ⑨ Roasted vegetable lasagne  
 Chicken nuggets with diced potatoes  
**ON THE SIDE**  
 Vegetables of the day  
**TO FINISH**  
 Apple flapjack

### WEDNESDAY

**CHOOSE FROM**  
 ⑨ Handmade margherita pizza with crinkle cut wedges  
 Ham carbonara with penne pasta  
**ON THE SIDE**  
 Vegetables of the day  
**TO FINISH**  
 Fruit and jelly

### THURSDAY

**CHOOSE FROM**  
 ⑨ Vegetable pastry crown  
 Roast chicken and Yorkshire pudding  
**ON THE SIDE**  
 Vegetables of the day, roast potatoes and gravy  
**TO FINISH**  
 Victoria sponge

### FRIDAY

**CHOOSE FROM**  
 ⑨ 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:**  
 Week Starting  
 November 13  
 December 4  
 January 8  
 January 29  
 February 26  
 March 18



### MONDAY

**CHOOSE FROM**  
 ⑨ 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

### TUESDAY

**CHOOSE FROM**  
 ⑨ 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

### WEDNESDAY

**CHOOSE FROM**  
 ⑨ Handmade margherita pizza  
 Bubble salmon  
**ON THE SIDE**  
 Vegetables of the day and crinkle cut wedges  
**TO FINISH**  
 Fruit and jelly

### THURSDAY

**CHOOSE FROM**  
 ⑨ Meat-free sausage puff  
 Roast chicken and Yorkshire pudding  
**ON THE SIDE**  
 Vegetables of the day, roast potatoes and gravy  
**TO FINISH**  
 Chocolate orange sponge

### FRIDAY

**CHOOSE FROM**  
 ⑨ Vegetable and bean burrito  
 Baked fish fingers and chips  
**ON THE SIDE**  
 Vegetables of the day  
**TO FINISH**  
 Freshly baked marble shortbread biscuit

DOWNLOAD OUR CALENDAR AND PICTURE MENU RESOURCES HERE [www.hants.gov.uk/hc3s](http://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 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						