

NOVEMBER 2024 –  
APRIL 2025



Hampshire  
County Council

Education Catering

# YOUR SCHOOL MENU

NO NUT  
INGREDIENTS

For information regarding our  
nut policy visit the FAQ section  
of our **special diet** web page.



The meals we prepare  
and serve **adhere to**  
**the Government's**  
**School Food Standards.**  
It includes the  
recommendations for  
portion sizes and food  
groups for all primary  
aged pupils.

FOOD TO  
FLOURISH®

Our nutritious lunches,  
on our **three-week menu**  
**cycle**, help children  
flourish by giving them  
the right balance of  
nutrients and energy.



We support British farming  
and are committed to full  
traceability in every meal  
we serve. We are proud the  
meat on our menu is farmed  
to **Red Tractor standard.**

FOLLOW OUR CONVERSATION

@hantseducationcatering

@hantsedcatering

AT  
LEAST

75%  
OF OUR  
MEALS

ARE PREPARED FROM  
SCRATCH

DID YOU  
KNOW?

FRESH BREAD

PLUS  
SALAD

MADE  
DAILY

SAY YES TO SUCCESS

as part of the Government's  
UIFSM programme.

Scan to find  
out more.



SCHOOL LUNCH  
**FREE**  
FOR EVERY  
CHILD  
Applies to EYFS & KS1 pupils only



Contains

OMEGA  
3

Fish on our menu is  
**FROM WELL-MANAGED AND  
SUSTAINABLE SOURCES**

# WEEK 1 MENU

WEEK STARTING

4  
NOV

25  
NOV

16  
DEC

20  
JAN


10  
FEB

10  
MAR

31  
MAR

## MONDAY

CHOOSE FROM  
Veggie bolognaise  
pasta  

Chicken Katsu curry with  
a blend of brown and  
white rice 

ON THE SIDE  
Vegetables of the  
day or salad

TO FINISH  
Freshly baked shortbread

## TUESDAY

CHOOSE FROM  
Vegetarian sausage roll  
with crinkle cut wedges  


Ham carbonara with pasta

ON THE SIDE  
Vegetables of the  
day or salad

TO FINISH  
Fruit, mousse or jelly

## WEDNESDAY



CHOOSE FROM  
Handmade margherita  
pizza 

Sticky honey glazed  
chicken with a blend of  
brown and white rice 

ON THE SIDE  
Vegetables of the  
day or salad

TO FINISH  
Rice crispy cake

## THURSDAY

CHOOSE FROM  
Plant-based sausage and  
Yorkshire pudding  

Sliced beef and Yorkshire  
pudding

ON THE SIDE  
Roast potatoes, gravy and  
vegetables of the day

TO FINISH  
Fruit, mousse or jelly

## FRIDAY


CHOOSE FROM  
Somerset cheddar cheese  
and onion quiche 





Baked Omega 3 fillet  
fish fingers

ON THE SIDE  
Chips, vegetables of the  
day or salad

TO FINISH  
Ginger sponge



Not only are several of  
our dishes **completely**  
fuelled by **PLANT POWER**  
but several more have  
 **additional hidden veggies**  
to benefit pupils, protect the  
environment and provide  
added nutrients.

-  Vegetarian
-  Vegan
-  Includes Plant Power
-  Additional hidden vegetables

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

# WEEK 2 MENU

WEEK STARTING

11  
NOV

2  
DEC

6  
JAN


27  
JAN

24  
FEB

17  
MAR

## MONDAY

CHOOSE FROM

Plant-based sausage hotdog and diced potatoes  

Chicken curry with a blend of brown and white rice

ON THE SIDE

Vegetables of the day or salad

TO FINISH

Chocolate pudding

## TUESDAY

CHOOSE FROM

Roasted vegetable lasagne  

Pork sausages and mashed potatoes with gravy

ON THE SIDE

Vegetables of the day or salad

TO FINISH

Fruit, mousse or jelly

## WEDNESDAY

CHOOSE FROM

Handmade margherita pizza 

Bubble salmon and crinkle cut wedges

ON THE SIDE

Vegetables of the day or salad

TO FINISH

Honey biscuit

## THURSDAY

CHOOSE FROM

Quorn pieces in a Yorkshire pudding  

Sliced chicken and Yorkshire pudding

ON THE SIDE



Roast potatoes, gravy and vegetables of the day

TO FINISH

Fruit, mousse or jelly

## FRIDAY

CHOOSE FROM

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

Baked Omega 3 fillet fish fingers and chips

ON THE SIDE

Vegetables of the day or salad

TO FINISH

Lemon drizzle sponge

### FARM TO FORK

Find out more about our ethical suppliers on our website:



FRUIT AND  
YOGHURT



SERVED EVERY DAY

# WEEK 3 MENU

WEEK STARTING

**18**  
NOV

**9**  
DEC

**13**  
JAN


**3**  
FEB


**3**  
MAR

**24**  
MAR

## MONDAY

CHOOSE FROM

Macaroni cheese with  
Somerset cheddar 

Beef chilli con carne with  
a blend of brown and  
white rice 

ON THE SIDE

Vegetables of the  
day or salad


TO FINISH

Chocolate brownie

## TUESDAY

CHOOSE FROM

Veggie cottage pie 

Chicken nuggets with  
diced potatoes 

ON THE SIDE

Vegetables of the  
day or salad

TO FINISH

Fruit, mousse or jelly

## WEDNESDAY

CHOOSE FROM

Vegetable and bean  
burrito 

Handmade BBQ pizza  
topped with chicken

ON THE SIDE

Vegetables of the  
day or salad

TO FINISH

Jammy shortbread  
biscuit

## THURSDAY

CHOOSE FROM

Quorn and leek crown 

Sliced pork and Yorkshire  
pudding

ON THE SIDE


Roast potatoes, gravy  
and vegetables of the day

TO FINISH

Fruit, mousse or jelly

## FRIDAY

CHOOSE FROM

Somerset cheddar cheese  
and potato frittata 

Baked Omega 3 fillet  
fish fingers

ON THE SIDE

Chips, vegetables of the  
day or salad

TO FINISH

Toffee apple sponge



**Scan to  
download**  
our picture menu  
resources.

