



# YOUR SCHOOL MENU CLASSICS

OCTOBER 2023 – MARCH 2024

“  
*My daughter has thrived at school with her variations in what she now eats. I've always let her have school lunches and never gave in to packed lunches; she loves knowing the menu the day before and pre-plans what she would like! Saves us a small fortune too!*

- Facebook Parent 2023, with a child in KS1”



# WEEK 1

## WEEK STARTING :

October 30

November 20

December 11

January 15

February 5

March 4

March 25

FRESH BREAD



## MONDAY

### CHOOSE FROM

- Plant-based burger in a bap with diced potatoes
- Spaghetti bolognaise

### ON THE SIDE

Vegetables of the day

### TO FINISH

Yoghurt, fruit and freshly baked mini shortbread biscuit

## TUESDAY

### CHOOSE FROM

- Tomato pasta
- Italian style chicken goujons with diced potatoes

### ON THE SIDE

Vegetables of the day

### TO FINISH

Chocolate brownie

## WEDNESDAY

### CHOOSE FROM

- 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

- 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

- 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

- 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

- Roasted vegetable lasagne

Chicken nuggets with diced potatoes

### ON THE SIDE

Vegetables of the day

### TO FINISH

Apple flapjack

## WEDNESDAY

### CHOOSE FROM

- 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

- 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

- 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



## TUESDAY

### CHOOSE FROM

- ① 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

## THURSDAY

### CHOOSE FROM

- ② 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

## MONDAY

### CHOOSE FROM

- ③ 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

## WEDNESDAY

### CHOOSE FROM

- ④ Handmade margherita pizza
- Bubble salmon

### ON THE SIDE

Vegetables of the day and crinkle cut wedges

### TO FINISH

Fruit and jelly

## FRIDAY

### CHOOSE FROM

- ⑤ 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)