

# WEEK 3

## WEEK STARTING:

May 9  
June 6  
June 27  
July 18  
September 12  
October 3

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



## TUESDAY

### CHOOSE FROM

- Vegetarian Vegetable goujon and diced potatoes
- Spaghetti with turkey meatballs

### ON THE SIDE

Vegetable of the day or salad

### TO FINISH

Freshly baked oaty biscuit

## THURSDAY

### CHOOSE FROM

- Vegetarian Vegetarian sausages and Yorkshire pudding
- Sliced pork and Yorkshire pudding

### ON THE SIDE

Roast potatoes, vegetable of the day and gravy

### TO FINISH

Iced carrot cake

## MONDAY

### CHOOSE FROM

- Vegetarian Macaroni cheese with Somerset cheddar
- Burger in a bap with homemade potato wedges

### ON THE SIDE

Vegetable of the day or salad

### TO FINISH

Ice cream served with a selection of fruit

## WEDNESDAY

### CHOOSE FROM

- Vegetarian Margherita pizza with crinkle cut wedges
- Fruity Caribbean chicken fillet with coconut rice

### ON THE SIDE

Vegetable of the day or salad

### TO FINISH

Eton mess

## FRIDAY

### CHOOSE FROM

- Vegetarian Sweet potato and lentil curry with a blend of brown and white rice
- Baked fish fingers with chips

### ON THE SIDE

Vegetable of the day or salad

### TO FINISH

A choice of desserts

DOWNLOAD OUR CALENDAR AND STREETS MENU OPTIONS HERE [www.hants.gov.uk/hc3s](http://www.hants.gov.uk/hc3s)

Sustainable thinking



# YOUR SCHOOL MENU CLASSICS

APRIL – OCTOBER 2022



Five star excellent meals provided and such a great variety that my little girl raves about them. She has not had a lunch box since starting school.

– Facebook Parent 2021



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AT LEAST 75% OF OUR MEALS ARE PREPARED FROM SCRATCH



FISH FROM WELL-MANAGED AND SUSTAINABLE SOURCES



COMPLETELY NUT FREE

# WEEK 1

## WEEK STARTING :

April 25

May 16

June 13

July 4

August 29

September 19

October 10



## MONDAY

### CHOOSE FROM

- ✓ Summer vegetable quiche with new potatoes
- Pork sausages with mashed potato and gravy

### ON THE SIDE

Vegetable of the day or salad

### TO FINISH

Ice cream served with a selection of fruit

## TUESDAY

### CHOOSE FROM

- ✓ Tomato pasta
- BBQ chicken fillet with diced potatoes

### ON THE SIDE

Vegetable of the day or salad

### TO FINISH

Freshly baked gingerbread

## WEDNESDAY

### CHOOSE FROM

- ✓ Margherita pizza

Bubble salmon

### ON THE SIDE

Crinkle cut wedges and vegetable of the day or salad

### TO FINISH

Victoria sponge

## THURSDAY

### CHOOSE FROM

- ✓ Vegetarian sausage puff
- Roast chicken with stuffing

### ON THE SIDE

Roast potatoes, vegetable of the day and gravy

### TO FINISH

Chocolate brownie

## FRIDAY

### CHOOSE FROM

- ✓ Somerset cheddar cheese and tomato Quesadilla
- Baked fish fingers

### ON THE SIDE

Chips and vegetable of the day or salad

### TO FINISH

A choice of desserts

# WEEK 2

## WEEK STARTING :

May 2

May 23

June 20

July 11

September 5

September 26

October 17



## MONDAY

### CHOOSE FROM

- ✓ Vegan Bolognese
- Pork sausage roll with mashed potato

### ON THE SIDE

Vegetable of the day or salad

### TO FINISH

Ice cream served with a selection of fruit

## TUESDAY

### CHOOSE FROM

- ✓ Quorn and vegetable Fajita
- Chicken nuggets

### ON THE SIDE

Crinkle cut wedges and vegetable of the day or salad

### TO FINISH

Freshly baked shortbread

## WEDNESDAY

### CHOOSE FROM

- ✓ Margherita pizza with diced potatoes
- Chicken curry with a blend of brown and white rice

### ON THE SIDE

Vegetable of the day or salad

### TO FINISH

Banana flapjack

## THURSDAY

### CHOOSE FROM

- ✓ Quorn and leek pastry crown
- Sliced beef and Yorkshire pudding

### ON THE SIDE

Roast potatoes, vegetable of the day and gravy

### TO FINISH

Apple sponge

## FRIDAY

### CHOOSE FROM

- ✓ Vegetable lasagne
- Baked battered fish and chips

### ON THE SIDE

Vegetable of the day or salad

### TO FINISH

A choice of desserts