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*"My child has been a fussy eater. When she first started school, I said she had to try everything on the menu at least once. She surprised herself and found new meals that she liked."* - FACEBOOK PARENT 2019

  
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@hc3seducation

AT LEAST **75%** OF OUR MEALS   
ARE PREPARED FROM **SCRATCH**

FISH FROM WELL-MANAGED AND SUSTAINABLE SOURCES 

COMPLETELY   
**NUT FREE**

# WEEK 1

WEEK STARTING :

November 4

November 25

December 16

January 20

February 10

March 9

March 30



## MONDAY

CHOOSE FROM

- BBQ chicken in a wrap with brown and white rice
- ✓ Macaroni cheese with garlic bread finger

VEGETABLE OF THE DAY

Served with green beans or sweetcorn

TO FINISH

Lemon crunch biscuit

## TUESDAY

CHOOSE FROM

Pork grill

- ✓ Vegetable goujons

VEGETABLE OF THE DAY

Served with roast potatoes, cauliflower, green beans, carrots and gravy

TO FINISH

Apple and blackberry muffin

## WEDNESDAY

CHOOSE FROM

Beef Bolognaise with pasta and garlic bread finger

- ✓ Margherita pizza with potato wedges

VEGETABLE OF THE DAY

Served with garden peas

TO FINISH

Mini biscuit and fresh fruit wedge

## THURSDAY

CHOOSE FROM

- Roast chicken

- ✓ Vegetarian sausages

VEGETABLE OF THE DAY

Served with roast potatoes, seasonal swede and carrot and gravy

TO FINISH

A choice of cold desserts

## FRIDAY

CHOOSE FROM

Baked fish fingers with tomato sauce

- ✓ Curried vegetable puff

VEGETABLE OF THE DAY

Served with chips, baked beans or garden peas

TO FINISH

Cheddar cheese and crackers

# WEEK 2

## WEEK STARTING :

November 11

December 2

January 6

January 27

February 24

March 16



*Our primary school menus comply with the Government's food based and nutritional standards, meeting an average of 530 calories for each meal*



## MONDAY

### CHOOSE FROM

Chicken grill in a bag

- ✓ Tomato pasta with garlic bread finger

### VEGETABLE OF THE DAY

Served with garden peas

### TO FINISH

Ice cream or fruit smoothie

## TUESDAY

### CHOOSE FROM

Roast beef and Yorkshire pudding

- ✓ Vegetarian sausage puff

### VEGETABLE OF THE DAY

Served with roast potatoes, gravy and vegetable medley

### TO FINISH

Tutti fruity sponge

## WEDNESDAY

### CHOOSE FROM

- ✓ Quorn burger with mashed potatoes

- ✓ Margherita pizza with potato wedges

### VEGETABLE OF THE DAY

Served with baked beans or garden peas

### TO FINISH

A choice of cold desserts

## THURSDAY

### CHOOSE FROM

- Roast chicken, roast potatoes and gravy

- ✓ Cauliflower cheese with tomato bread

### VEGETABLE OF THE DAY

Served with carrots and broccoli

### TO FINISH

Fruity flapjack

## FRIDAY

### CHOOSE FROM

Baked battered fish, chips and tomato sauce

- ✓ Sweet potato and lentil curry with brown and white rice and Naan style bread

### VEGETABLE OF THE DAY

Served with garden peas or sweetcorn

### TO FINISH

Chocolate brownie

# WEEK 3

## WEEK STARTING :

November 18

December 9

January 13

February 3

March 2

March 23

Daily selection of alternative desserts;  
Banana, apple, orange, yoghurt, fruit pot, cheese and biscuits or fruit juice



## TUESDAY

### CHOOSE FROM

Chicken Korma with brown and white rice and Naan style bread

- ⑤ Quorn nuggets, roast potatoes and gravy

### VEGETABLE OF THE DAY

Served with cauliflower, carrots and green beans

### TO FINISH

Winter apple crumble slice

## THURSDAY

### CHOOSE FROM

- Roast chicken, roast potatoes and gravy

- ⑤ Roasted vegetable pasta bake with garlic bread finger

### VEGETABLE OF THE DAY

Served with green beans or carrots

### TO FINISH

Shortbread

## MONDAY

### CHOOSE FROM

Pork sausages with mashed potato  
Vegetable burrito

- ⑤ VEGETABLE OF THE DAY  
Served with baked beans

### TO FINISH

Oaty Cookie

## WEDNESDAY

### CHOOSE FROM

- Bubble salmon with potato wedges
- ⑤ Margherita pizza with potato wedges

### VEGETABLE OF THE DAY

Served with garden peas and sweetcorn

### TO FINISH

Carrot cake

## FRIDAY

### CHOOSE FROM

Baked fish fingers with tomato sauce

- ⑤ Mexican bean pasty with tomato sauce

### VEGETABLE OF THE DAY

Served with chips and garden peas

### TO FINISH

Ice cream or fruit smoothie

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[www.hants.gov.uk/hc3s](http://www.hants.gov.uk/hc3s)