

Education Caterer of the Year



# YOUR SCHOOL MENU

TASTE TESTED BY KIDS  
APRIL–OCTOBER 2020



*"My children love the school dinner options, always a variety of choices and different cultural dishes to expand their taste buds. They get healthy choices, correct portion sizes and learn to enjoy food in moderation."* -  
FACEBOOK PARENT 2019



LIKE US ON  
FACEBOOK  
@hc3seducation

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

FISH FROM  
WELL-MANAGED AND  
SUSTAINABLE SOURCES

COMPLETELY

NUT FREE



Hampshire  
County Council

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

# WEEK 1

## WEEK STARTING :

April 20

May 11

June 8

June 29

July 20

September 14

October 5



## TUESDAY

### CHOOSE FROM

Chicken curry with brown and white rice

- ✓ Tomato pasta

### ON THE SIDE

Seasonal vegetables and flatbread

### TO FINISH

Carrot cake

## THURSDAY

### CHOOSE FROM

Roast chicken and Yorkshire pudding

- ✓ Vegetable Wellington

### ON THE SIDE

Seasonal vegetables, roast potatoes gravy and bread roll

### TO FINISH

Apple iced bun

## MONDAY

### CHOOSE FROM

- \* Pork sausages with mashed potato and gravy
- ✓ Somerset cheese and onion quiche with diced potatoes

### ON THE SIDE

Seasonal vegetables and bread roll

### TO FINISH

Ice cream, fruit smoothie or iced lolly

## WEDNESDAY

### CHOOSE FROM

Handmade fish cake

- ✓ Margherita pizza

### ON THE SIDE

Crinkle cut wedges, baked beans or vegetable of the day and garlic bread

### TO FINISH

Freshly baked biscuit

## FRIDAY

### CHOOSE FROM

Baked fish fingers and chips

- ✓ Gnocchi in a tomato, basil and spinach sauce

### ON THE SIDE

Garden peas or sweetcorn and sliced bloomer

### TO FINISH

A choice of cold desserts

# WEEK 2

## WEEK STARTING :

April 27

May 18

June 15

July 6

August 31

September 21

October 12



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

Pork sausage roll with diced potatoes

- ✓ Macaroni cheese with Somerset cheddar

### ON THE SIDE

Seasonal vegetables and bread roll

### TO FINISH

Ice cream, fruit smoothie or iced lolly

## TUESDAY

### CHOOSE FROM

Spaghetti beef Bolognese

- ✓ Vegetable goujons with diced potatoes

### ON THE SIDE

Seasonal vegetables and garlic bread

### TO FINISH

Chocolate brownie

## WEDNESDAY

### CHOOSE FROM

- \* Bubble salmon
- ✓ Margherita pizza

### ON THE SIDE

Crinkle cut wedges, baked beans or vegetable of the day and bread roll

### TO FINISH

Freshly baked biscuit

## THURSDAY

### CHOOSE FROM

Roast beef and Yorkshire pudding

- ✓ Vegetarian toad in the hole

### ON THE SIDE

Seasonal vegetables, roast potatoes, gravy and bread roll

### TO FINISH

Butterscotch tart

## FRIDAY

### CHOOSE FROM

Baked battered fish and chips

- ✓ Sweet potato and lentil curry with brown and white rice

### ON THE SIDE

Garden peas and flatbread

### TO FINISH

A choice of cold desserts

# WEEK 3

## WEEK STARTING :

May 4

June 1

June 22

July 13

September 7

September 28

October 19

Daily selection of alternative desserts; fresh fruit, organic yoghurt, cheese and biscuits or fruit juice



## TUESDAY

### CHOOSE FROM

Beef lasagne

- ① Vegetarian Oriental fried rice

### ON THE SIDE

Seasonal vegetables and garlic bread

### TO FINISH

Banana loaf

## THURSDAY

### CHOOSE FROM

Roast gammon and Yorkshire pudding

- ① Vegetarian Vegetarian sausages and Yorkshire pudding

### ON THE SIDE

Seasonal vegetables, roast potatoes, gravy and bread roll

### TO FINISH

Fruity summer sponge

## MONDAY

### CHOOSE FROM

Chicken goujons

- ① Vegetarian Free range omelette

### ON THE SIDE

Crinkle cut wedges, baked beans or vegetable of the day and bread roll

### TO FINISH

Ice cream, fruit smoothie or iced lolly

## WEDNESDAY

### CHOOSE FROM

Tuna and sweetcorn pasta bake

- ① Vegetarian Margherita pizza and diced potatoes

### ON THE SIDE

Seasonal vegetables and focaccia

### TO FINISH

Freshly baked biscuit

## FRIDAY

### CHOOSE FROM

Baked fish fingers and chips

- ① Vegetarian Somerset cheese and tomato Quesadilla and chips

### ON THE SIDE

Garden peas or sweetcorn and sliced bloomer

### TO FINISH

A choice of cold desserts

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