

WEEK 1

Fresh vegetables will change seasonally and may not be shown in the photo.

YOUR SCHOOL MENU

APRIL – OCTOBER 2024



Hampshire
County Council

Education Catering

MONDAY

CHOOSE FROM

Tomato pasta 



Chicken fajita with a blend of brown and white rice 



ON THE SIDE

Vegetables of the day or salad

TO FINISH

Freshly baked chocolate shortbread biscuit

TUESDAY

CHOOSE FROM

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



Pork sausages with mashed potato and gravy



ON THE SIDE

Vegetables of the day or salad

TO FINISH

Fruit and jelly

WEDNESDAY

CHOOSE FROM

Handmade margherita pizza 



Bubble salmon with crinkle cut wedges



ON THE SIDE

Vegetables of the day or salad

TO FINISH

Banana cake

THURSDAY

CHOOSE FROM

Vegetable wellington 



Sliced beef and Yorkshire pudding



ON THE SIDE

Vegetables of the day, roast potatoes and gravy

TO FINISH

Chocolate sponge cake

FRIDAY

CHOOSE FROM

Roasted vegetable lasagne 



Baked omega 3 fillet fish fingers and chips



ON THE SIDE

Vegetables of the day or salad

TO FINISH

Jam and coconut sponge cake

**FRESH
FRUIT SALAD
SERVED
EVERY DAY**

WEEK STARTING:

April 15, May 6, June 3, June 24, July 15,
September 9, September 30, October 21

FOOD TO
FLOURISH®



www.hants.gov.uk/hc3s

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

WEEK 2

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YOUR SCHOOL MENU

APRIL – OCTOBER 2024



Hampshire
County Council

Education Catering

MEAT-FREE

MONDAY

CHOOSE FROM

 Vegetarian sausage roll with mashed potato



Macaroni cheese with Somerset cheddar



ON THE SIDE

Vegetables of the day or salad

TO FINISH

Freshly baked shortbread biscuit

TUESDAY

CHOOSE FROM

Somerset cheddar cheese and tomato quesadilla with diced potatoes 



Chicken Katsu curry with a blend of brown and white rice 



ON THE SIDE

Vegetables of the day or salad

TO FINISH

Fresh fruit wedges

FRESH
FRUIT SALAD
SERVED
EVERY DAY

WEDNESDAY

CHOOSE FROM

Handmade margherita pizza 



Ham carbonara with penne pasta



ON THE SIDE

Vegetables of the day or salad

TO FINISH

Apple sponge cake

THURSDAY

CHOOSE FROM

Quorn and leek crown 



Roast chicken and Yorkshire pudding



ON THE SIDE

Vegetables of the day, roast potatoes and gravy

TO FINISH

Marble sponge cake

FRIDAY

CHOOSE FROM

Plant-based burger in a bap with cheese and chips 



Baked omega 3 fillet fish fingers and chips



ON THE SIDE

Vegetables of the day or salad

TO FINISH

Chocolate brownie

Contains plant power

 Vegetarian

 Vegan

FOOD TO
FLOURISH®

WEEK STARTING:

April 22, May 13, June 10, July 1, July 22,
September 16, October 7



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WEEK 3

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YOUR SCHOOL MENU

APRIL – OCTOBER 2024



Hampshire
County Council

Education Catering

MONDAY

CHOOSE FROM

- Somerset cheddar cheese, onion and potato pasty



- Chicken nuggets with diced potatoes



ON THE SIDE

Vegetables of the day or salad

TO FINISH

Freshly baked marble shortbread biscuit

TUESDAY

CHOOSE FROM

- Plant-based sausage hot dog with diced potatoes



Chicken curry with a blend of brown and white rice



ON THE SIDE

Vegetables of the day or salad

TO FINISH

Apple crumble

WEDNESDAY

CHOOSE FROM

- Handmade margherita pizza



- Beef Bolognese pasta bake



ON THE SIDE

Vegetables of the day or salad

TO FINISH

Chocolate banana cake

THURSDAY

CHOOSE FROM

- Quorn pieces in a Yorkshire pudding



Sliced gammon and Yorkshire pudding



ON THE SIDE

Vegetables of the day, roast potatoes and gravy

TO FINISH

Lemon drizzle cake

FRIDAY

CHOOSE FROM

- Somerset cheddar cheese and potato frittata



Baked omega 3 fillet fish fingers and chips



ON THE SIDE

Vegetables of the day or salad

TO FINISH

Flapjack

**FRESH
FRUIT SALAD
SERVED
EVERY DAY**

WEEK STARTING:

April 29, May 20, June 17, July 8, September 2,
September 23, October 14

FOOD TO
FLOURISH®



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Contains plant power

Vegetarian

Vegan