



YOUR SCHOOL MENU

COMPLETELY

Our menus
are ALWAYS

NUT
FREE



The meals we prepare and serve **adhere to the Government's School Food Plan**. It includes the recommendations for portion sizes and food groups for all primary aged pupils.

FOOD TO FLOURISH™

Our nutritious lunches, on our **three-week menu cycle**, help children flourish by giving them the right balance of nutrients and energy.

Our primary menus comply with the Government's food and nutritional standards, meeting an average of **530 CALORIES FOR EACH MEAL**.

DID YOU KNOW?

FRESH BREAD

PLUS
SALAD

MADE
DAILY



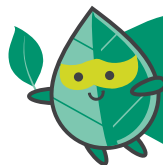
AT
LEAST

75%

OF OUR
MEALS

ARE PREPARED FROM
SCRATCH

We have added **PLANT POWER** (additional veggies) to **over half of our menu**. These added nutrients benefit pupils and protect the planet.



PLANT
POWER

SAY YES TO SUCCESS
as part of the Government's
UIFSM programme. For
more details visit the
[Year R Hub](#)

SCHOOL LUNCH
FREE
FOR EVERY
CHILD
Applies to EYFS & KS1 pupils only.



Contains

OMEGA
3

Fish on our menu is
**FROM WELL-MANAGED AND
SUSTAINABLE SOURCES**

WEEK 1 MENU

WEEK STARTING

15
APR

6
MAY

3
JUN

24
JUN

15
JUL

9
SEP

30
SEP

21
OCT

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 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

Roast potatoes, gravy and
vegetables of the day

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



 Vegetarian

 Vegan

 Plant Power

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

WEEK 2 MENU

WEEK STARTING

22
APR

13
MAY

10
JUN

1
JUL

22
JUL

16
SEP

7
OCT

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

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

Roast potatoes, gravy and
vegetables of the day

TO FINISH

Marble sponge cake

FRIDAY

CHOOSE FROM

Plant-based burger in
a bap with cheese
and chips 

Bake omega 3 fillet fish
fingers and chips

ON THE SIDE

Vegetables of the day
or salad

TO FINISH

Chocolate brownie 

FARM TO FORK

We support British farming
and are committed to full
traceability in every meal
we serve. Find out more
about our suppliers on
our [website](#)

FOLLOW OUR CONVERSATION

 @hc3seducation

 @hc3s6

WEEK 3 MENU

WEEK STARTING

29
APR

20
MAY

17
JUN

8
JUL

2
SEP

23
SEP

14
OCT

MONDAY

CHOOSE FROM

Somerset cheddar cheese,
onion and potato paste 

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
hotdog 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 bolognaise
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

Roast potatoes, gravy and
vegetables of the day

TO FINISH

Lemon drizzle cake

FRIDAY

CHOOSE FROM

Somerset cheddar cheese
and potato frittata 

Bake omega 3 fillet fish
fingers and chips

ON THE SIDE

Vegetables of the day
or salad

TO FINISH

Flapjack



**Click to
download**
our picture menu
resources.



YOUR SCHOOL MENU CALENDAR

WEEK 1

WEEK 2

WEEK 3

APRIL 2024

Su	Mo	Tu	We	Th	Fr	Sa
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

MAY 2024

Su	Mo	Tu	We	Th	Fr	Sa
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

JUNE 2024

Su	Mo	Tu	We	Th	Fr	Sa
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

JULY 2024

Su	Mo	Tu	We	Th	Fr	Sa
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

SEPTEMBER 2024

Su	Mo	Tu	We	Th	Fr	Sa
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

OCTOBER 2024

Su	Mo	Tu	We	Th	Fr	Sa
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

“We always say that you learn better on a full stomach, so my daughter always finishes her school lunch. She absolutely loves them!”

Parent comment 2024

