WEEK 1

WEEK STARTING:
April 19
May 10
June 7
June 28
July 19
September 13
October 4

FRESH FRUIT SALAD SERVED EVERY DAY

FRESH BREAD PLUS SALAD MADE DAILY

MONDAY

CHOOSE FROM
(V) Gnocchi in a tomato, basil and spinach sauce
* Pork sausages, mashed potato and gravy

ON THE SIDE
Selection of seasonal vegetables

TO FINISH
Ice cream

TUESDAY

CHOOSE FROM
(V) Free range omelette with diced potatoes
Chicken curry with a blend of brown and white rice

ON THE SIDE
Selection of seasonal vegetables

TO FINISH
Freshly baked biscuit

WEDNESDAY

CHOOSE FROM
(V) Margherita pizza
Handmade fish cake

ON THE SIDE
Selection of seasonal vegetables and crinkle cut wedges

TO FINISH
Fruit and yoghurt granola pot

THURSDAY

CHOOSE FROM
(Vg) Roasted vegetable puff pastry parcel
Sliced beef and Yorkshire pudding

ON THE SIDE
Selection of seasonal vegetables, roast potatoes and gravy

TO FINISH
Apple sponge

FRIDAY

CHOOSE FROM
(V) Roasted vegetable lasagne
Baked fish fingers and chips

ON THE SIDE
Baked beans or garden peas

TO FINISH
A choice of cold desserts

WEEK 2

WEEK STARTING:
April 26
May 17
June 14
July 5
August 30
September 20
October 11

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
(V) Tomato pasta
Pork sausage roll with diced potatoes

ON THE SIDE
Selection of seasonal vegetables

TO FINISH
Ice cream

TUESDAY

CHOOSE FROM
(Vg) Vegetable burger with homemade potato wedges
Spaghetti beef Bolognaise

ON THE SIDE
Selection of seasonal vegetables

TO FINISH
Freshly baked biscuit

WEDNESDAY

CHOOSE FROM
(V) Margherita pizza
* Bubble salmon

ON THE SIDE
Selection of seasonal vegetables and crinkle cut wedges

TO FINISH
Fruity frozen yoghurt

THURSDAY

CHOOSE FROM
(V) Vegetarian sausages and Yorkshire pudding
Roast chicken and Yorkshire pudding

ON THE SIDE
Selection of seasonal vegetables, roast potatoes and gravy

TO FINISH
Banana muffin

FRIDAY

CHOOSE FROM
(V) Somerset cheddar cheese and tomato Quesadilla
Baked battered fish

ON THE SIDE
Baked beans or garden peas and chips

TO FINISH
A choice of cold desserts

WEEK 3

WEEK STARTING:
May 3
May 24
June 21
July 12
September 6
September 27
October 18

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

MONDAY

CHOOSE FROM
(V) Macaroni cheese with Somerset cheddar
Chicken marinated in a BBQ sauce served with a blend of brown and white rice

ON THE SIDE
Selection of seasonal vegetables

TO FINISH
Ice cream

TUESDAY

CHOOSE FROM
(V) Summer vegetable quiche
Beef burger in a homemade roll

ON THE SIDE
Selection of seasonal vegetables and crinkle cut wedges

TO FINISH
Freshly baked biscuit

WEDNESDAY

CHOOSE FROM
(V) Margherita pizza with diced potatoes
Tuna and sweetcorn pasta bake

ON THE SIDE
Selection of seasonal vegetables

TO FINISH
Apple iced bun

THURSDAY

CHOOSE FROM
(V) Quorn fillet
* Toad in the hole

ON THE SIDE
Selection of seasonal vegetables, roast potatoes and gravy

TO FINISH
Chocolate brownie

FRIDAY

CHOOSE FROM
(Vg) Sweet potato and lentil curry with a blend of brown and white rice
Baked fish fingers and chips

ON THE SIDE
Baked beans or garden peas

TO FINISH
A choice of cold desserts

TRADING STANDARDS APPROVED
buywithconfidence.gov.uk

(V) Vegetarian
(Vg) Vegan

* Crown Foods MSC Gluten Free Bubble Coated Salmon Fillets - Gold Award British Frozen Foods Federation Annual Awards 2017.
* Langford's Welsh Sausage Co Ltd gold award winning pork and herb sausage - Winner Foodservice Pork Sausage of the Year 2013.

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

FOOD FOR LIFE BRONZE SCHOOL AWARD Soil Association

AT LEAST 75% OF OUR MEALS ARE PREPARED FROM SCRATCH

Sustainable thinking

COMPLETELY NUT FREE

APRIL 2021

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 2021

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 2021

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 2021

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 2021

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 2021

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						

Hampshire County Council

HC3S FOOD TO FLOURISH