



Langford's Welsh Sausage Co Ltd gold award winning pork and herb sausage - BPEX Foodservice Pork Sausage of the Year 2013

WEEK 1

WEEK STARTING:
 October 31
 November 21
 December 12
 January 16
 February 6
 March 6
 March 27



MONDAY

CHOOSE FROM
 (V) Nacho bites with diced potatoes
 (V) Pork sausages with mashed potato and gravy
ON THE SIDE
 Vegetable of the day or salad
TO FINISH
 Ice cream served with a selection of fruit

TUESDAY

CHOOSE FROM
 (V) Roasted vegetable pasta
 Chicken Katsu curry with a blend of brown and white rice
ON THE SIDE
 Vegetable of the day or salad
TO FINISH
 Lemon drizzle cake

THURSDAY

CHOOSE FROM
 (V) Quorn chicken pieces in a Yorkshire pudding
 Roast chicken with Yorkshire pudding
ON THE SIDE
 Roast potatoes, vegetable of the day and gravy
TO FINISH
 Chocolate brownie

WEDNESDAY

CHOOSE FROM
 (V) Margherita pizza
 Bubble salmon
ON THE SIDE
 Crinkle cut wedges and vegetable of the day or salad
TO FINISH
 Freshly baked shortbread biscuit

FRIDAY

CHOOSE FROM
 (V) Macaroni cheese with Somerset cheddar
 Baked fish fingers and chips
ON THE SIDE
 Vegetable of the day or salad
TO FINISH
 A choice of desserts

WEEK 2

WEEK STARTING:
 November 7
 November 28
 January 2
 January 23
 February 20
 March 13

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) Vegan Bolognese
 Pork sausage roll with diced potatoes
ON THE SIDE
 Vegetable of the day or salad
TO FINISH
 Ice cream served with a selection of fruit

TUESDAY

CHOOSE FROM
 (V) Vegetable and bean Burrito
 Chicken nuggets with crinkle cut wedges
ON THE SIDE
 Vegetable of the day or salad
TO FINISH
 Victoria sponge

THURSDAY

CHOOSE FROM
 (V) Quorn and mushroom parcel
 Sliced beef and Yorkshire pudding
ON THE SIDE
 Roast potatoes, vegetable of the day and gravy
TO FINISH
 Apple sponge and custard

WEDNESDAY

CHOOSE FROM
 (V) Margherita pizza with diced potatoes
 Pork meatball marinara served with pasta
ON THE SIDE
 Vegetable of the day or salad
TO FINISH
 Freshly baked shortbread biscuit

FRIDAY

CHOOSE FROM
 (V) Baked bean and Somerset cheddar cheese Quesadilla
 Baked battered fish
ON THE SIDE
 Chips and vegetable of the day or salad
TO FINISH
 A choice of desserts

WEEK 3

WEEK STARTING:
 November 14
 December 5
 January 9
 January 30
 February 27
 March 20

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

MONDAY

CHOOSE FROM
 (V) Cheese and onion slice with crinkle cut wedges
 Burger with potato wedges
ON THE SIDE
 Vegetable of the day or salad
TO FINISH
 Ice cream served with a selection of fruit

WEDNESDAY

CHOOSE FROM
 (V) Margherita pizza with crinkle cut wedges
 Fishcake with sweet potato wedges
ON THE SIDE
 Vegetable of the day or salad
TO FINISH
 Freshly baked shortbread biscuit

FRIDAY

CHOOSE FROM
 (V) Sweet potato and lentil curry with a blend of brown and white rice
 Baked fish fingers with chips
ON THE SIDE
 Vegetable of the day or salad
TO FINISH
 A choice of desserts

TUESDAY

CHOOSE FROM
 (V) Tomato pasta
 Chicken meatballs in BBQ sauce with diced potatoes
ON THE SIDE
 Vegetable of the day or salad
TO FINISH
 Iced vanilla sponge

THURSDAY

CHOOSE FROM
 (V) Vegetarian toad in the hole
 Sliced pork and Yorkshire pudding
ON THE SIDE
 Roast potatoes, vegetable of the day and gravy
TO FINISH
 Fruit crumble and custard

DOWNLOAD OUR CALENDAR AND PICTURE MENU RESOURCES HERE www.hants.gov.uk/hc3s

OCTOBER 2022

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					

NOVEMBER 2022

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			

DECEMBER 2022

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

JANUARY 2023

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				

FEBRUARY 2023

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				

MARCH 2023

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	