



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:

- April 17
- May 8
- June 5
- June 26
- July 17
- September 11
- October 2



## MONDAY

CHOOSE FROM

- Vegetarian Nacho bean bites with diced potatoes
- Pork sausages with mashed potato and gravy

ON THE SIDE

Vegetable of the day or salad

TO FINISH

Ice-cream or yoghurt with fruit salad

## TUESDAY

CHOOSE FROM

- Vegetarian Sweet potato and lentil curry with a blend of brown and white rice
- Cheeseburger with crinkle cut wedges

ON THE SIDE

Vegetable of the day or salad

TO FINISH

Freshly baked shortbread biscuit

## WEDNESDAY

CHOOSE FROM

- Vegetarian Margherita pizza with diced potatoes

Ham carbonara with penne pasta

ON THE SIDE

Vegetable of the day or salad

TO FINISH

Trifle

## THURSDAY

CHOOSE FROM

- Vegetarian Quorn chicken pieces in a Yorkshire pudding
- Sliced beef with Yorkshire pudding

ON THE SIDE

Roast potatoes, vegetable of the day and gravy

TO FINISH

Chocolate pudding

## FRIDAY

CHOOSE FROM

- Vegetarian Summer vegetable quiche
- Baked fish fingers

ON THE SIDE

Chips and vegetable of the day or salad

TO FINISH

Banana flapjack

# WEEK 2

WEEK STARTING:

- April 24
- May 15
- June 12
- July 3
- August 28
- September 18
- October 9

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

- Vegetarian Roasted vegetable lasagne
- Pork sausage roll with diced potatoes

ON THE SIDE

Vegetable of the day or salad

TO FINISH

Ice-cream or yoghurt with fruit salad

## TUESDAY

CHOOSE FROM

- Vegetarian Vegetable and bean burrito
- Chicken nuggets with crinkle cut wedges

ON THE SIDE

Vegetable of the day or salad

TO FINISH

Freshly baked chocolate cookie

## WEDNESDAY

CHOOSE FROM

- Vegetarian Margherita pizza

Bubble salmon

ON THE SIDE

Diced potatoes and vegetable of the day or salad

TO FINISH

Orange and strawberry jelly

## THURSDAY

CHOOSE FROM

- Vegetarian Quorn and leek pastry crown
- Sliced pork with Yorkshire pudding

ON THE SIDE

Roast potatoes, vegetable of the day and gravy

TO FINISH

Lemon drizzle sponge

## FRIDAY

CHOOSE FROM

- Vegetarian Somerset cheddar cheese and tomato quesadilla
- Baked battered fish

ON THE SIDE

Vegetable of the day or salad and chips

TO FINISH

Love cake

# WEEK 3

WEEK STARTING:

- May 1
- May 22
- June 19
- July 10
- September 4
- September 25
- October 16



## MONDAY

CHOOSE FROM

- Vegetarian Five bean chilli with a blend of brown and white rice
- Chicken meatball sub with BBQ sauce and diced potatoes

ON THE SIDE

Vegetable of the day or salad

TO FINISH

Ice-cream or yoghurt with fruit salad

## WEDNESDAY

CHOOSE FROM

- Vegetarian Margherita pizza

Fishcake

ON THE SIDE

Crinkle cut wedges and vegetable of the day or salad

TO FINISH

Orange jelly topped with chocolate whip

## FRIDAY

CHOOSE FROM

- Vegetarian Macaroni cheese with Somerset cheddar

Fish fingers and chips

ON THE SIDE

Vegetable of the day or salad and chips

TO FINISH

Chocolate brownie

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

## APRIL 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						

## MAY 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			

## JUNE 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

## JULY 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					

## SEPTEMBER 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

## OCTOBER 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				