



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**  
 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**  
 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

## THURSDAY

**CHOOSE FROM**  
 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

## WEDNESDAY

**CHOOSE FROM**  
 Margherita pizza with diced potatoes  
 Ham carbonara with penne pasta  
**ON THE SIDE**  
 Vegetable of the day or salad  
**TO FINISH**  
 Trifle

## FRIDAY

**CHOOSE FROM**  
 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**  
 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**  
 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

## THURSDAY

**CHOOSE FROM**  
 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

## WEDNESDAY

**CHOOSE FROM**  
 Margherita pizza  
 Bubble salmon  
**ON THE SIDE**  
 Diced potatoes and vegetable of the day or salad  
**TO FINISH**  
 Orange and strawberry jelly

## FRIDAY

**CHOOSE FROM**  
 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**  
 Tomato pasta  
 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**  
 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**  
 Macaroni cheese with Somerset cheddar  
 Fish fingers and chips  
**ON THE SIDE**  
 Vegetable of the day or salad and chips  
**TO FINISH**  
 Chocolate brownie

## TUESDAY

**CHOOSE FROM**  
 Five bean chilli with a blend of brown and white rice  
 Chicken Katsu curry with a blend of brown and white rice  
**ON THE SIDE**  
 Vegetable of the day or salad  
**TO FINISH**  
 Freshly baked oat and sultana cookie

## THURSDAY

**CHOOSE FROM**  
 Vegetable wellington  
 Roast chicken with Yorkshire pudding  
**ON THE SIDE**  
 Roast potatoes, vegetable of the day and gravy  
**TO FINISH**  
 Victoria sponge

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				