

# YOUR SCHOOL MENU



Hampshire  
County Council

Education Catering

APRIL – OCTOBER 2024

## 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. Scan to find out more about our suppliers.

**FOLLOW OUR CONVERSATION**  
@hc3education  
@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 pasty   
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

**Scan to download**  
our calendar and picture menu resources.



### 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		