

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 paste 

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

Freshly baked marble shortbread biscuit

WEDNESDAY

CHOOSE FROM

Handmade margherita pizza 

Beef bolognese 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.



YOUR SCHOOL MENU

APRIL – OCTOBER 2024



Hampshire
County Council

Education Catering



The meals we prepare and serve **adhere to the Government's School Food Plan**. It includes the recommendations for portion sizes and food groups for all primary aged pupils.

FOOD TO FLOURISH

Our nutritious lunches, on our **three-week menu cycle**, help children flourish by giving them the right balance of nutrients and energy.

Our primary menus comply with the Government's food and nutritional standards, meeting an average of **530 CALORIES FOR EACH MEAL**.

DID YOU KNOW?

AT LEAST **75%** OF OUR MEALS ARE PREPARED FROM **SCRATCH**

Our menus are **ALWAYS**

COMPLETELY NUT FREE

SCHOOL LUNCH FREE
FOR EVERY CHILD
Applies to EYFS & KS1 pupils only.

SAY YES TO SUCCESS

as part of the Government's UIFSM programme.

Scan to find out more.



We have added **PLANT POWER** (additional veggies) to **over half of our menu**. These added nutrients benefit pupils and protect the planet.



FRESH BREAD PLUS SALAD
MADE DAILY



Fish on our menu is **FROM WELL-MANAGED AND SUSTAINABLE SOURCES**

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 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

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 @hc3s6

YOUR SCHOOL JACKET POTATO MENU



Hampshire
County Council

Education Catering

All served with vegetables
of the day or salad and
dessert of the day

MONDAY

Tuna Mayonnaise

TUESDAY

Baked Beans

WEDNESDAY

Cheddar Cheese

THURSDAY

Baked Beans

FRIDAY

Cheddar Cheese



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YOUR SCHOOL PICNIC MENU

Solent Infant School

From 15th April 2024

MONDAY

Ham Roll

Served with Cucumber Sticks, Fruit and Pudding

TUESDAY

Cold Tomato Pasta Pot

Served with Carrot Sticks, Fruit and Pudding

WEDNESDAY

Tuna Mayonnaise Roll

Served with Cucumber Sticks, Fruit and Pudding

THURSDAY

Cold Tomato Pasta Pot

Served with Carrot Sticks, Fruit and Pudding

FRIDAY

Cheddar Cheese Roll

Served with Cucumber Sticks, Fruit and Pudding

DRINKING WATER AVAILABLE WITH ALL SCHOOL LUNCHES

**ALL SERVED
WITH VEGETABLE
STICKS AND
FRESH FRUIT
WEDGES**

**PLUS
DESSERT
OF THE DAY**



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