## YOUR SCHOOL JACKET POTATO MENU CONTATO

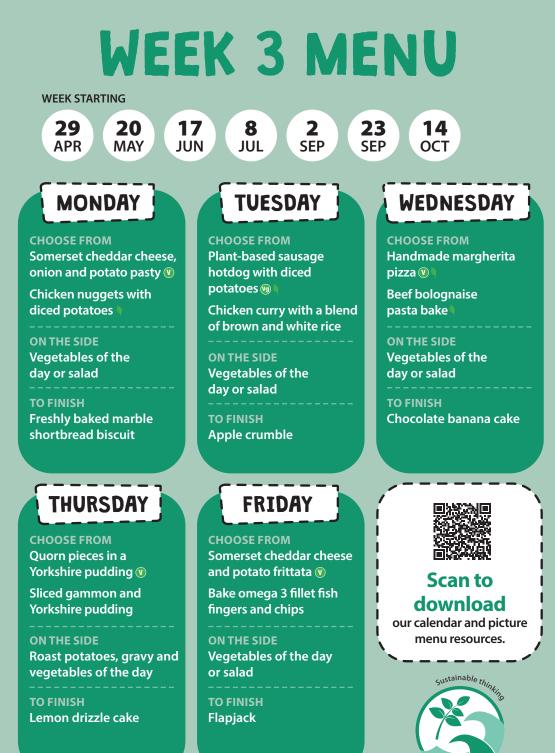


Education Catering

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
·	





## **YOUR SCHOOL** MEN **APRIL – OCTOBER 2024** 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. OMPLETELL

NUT

FREE

Our menus

are ALWAYS

SCHOOL LUNCH

FOR EVERY

CHTLD

to EYFS & KS1 PUP

SAY YES TO SUCCESS as part of the Government's

**UIFSM** programme.

Scan to find out more.

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

DID YOU KNOW?

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



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.







FISH ON OUR MENU IS FROM WELL-MANAGED AND SUSTAINABLE SOURCES

www.hants.gov.uk/hc3s

# WEEK 1 MENU



sponge cake

# **WEEK 2 MENU**

TUESDAY

Somerset cheddar cheese

Chicken Katsu curry with

and tomato guesadilla with

WEEK STARTING

22 13 APR MAY

MEAT FREE

MONDAY

Vegetarian sausage roll

with mashed potato 🔍

Macaroni cheese with

Somerset cheddar 🕔

Vegetables of the

**CHOOSE FROM** 

ON THE SIDE

day or salad





**CHOOSE FROM** 

white rice

ON THE SIDE

day or salad

**TO FINISH** 

Vegetables of the

Fresh fruit wedges

CHOOSE FROM

and chips (V)

ON THE SIDE

or salad

a bap with cheese

fingers and chips

FRIDAY

Plant-based burger in

Bake omega 3 fillet fish

Vegetables of the day

Chocolate brownie

diced potatoes (V)

a blend of brown and

22 JUL

SEP OCT

7

16

### WEDNESDAY

**CHOOSE FROM** Handmade margherita pizza 🔍 🎙

Ham carbonara with penne pasta

#### ON THE SIDE

Vegetables of the day or salad

Apple sponge cake

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** @hc3seducation @hc3s6

to change, based upon

availability and in the event of unforeseen circumstances.

#### Ouorn and leek crown () **Roast chicken and** Yorkshire pudding ON THE SIDE

vegetables of the day

Marble sponge cake

THURSDAY **CHOOSE FROM** 

Roast potatoes, gravy and

biscuit

Freshly baked shortbread



# YOUR SCHOOL PICNIC MENU

A balanced selection of carbohydrates, protein, fresh fruits and vegetables.



www.hants.gov.uk