

# 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



[hants.gov.uk/hc3s](https://hants.gov.uk/hc3s)

# 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 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.



FRESH BREAD PLUS SALAD MADE DAILY



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



Contains **OMEGA 3**

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 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

 @hc3seducation

 @hc3s6

# YOUR SCHOOL PICNIC MENU



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

## MONDAY

Tuna Mayonnaise  
Roll  
Cucumber Sticks  
Orange Wedge  
Shortbread Biscuit

## TUESDAY

Cheddar Cheese  
Roll  
Carrot Sticks  
Apple Wedge  
Shortbread Biscuit

## WEDNESDAY

Ham Roll  
Cucumber Sticks  
Orange Wedge  
Shortbread Biscuit

## THURSDAY

Cheddar Cheese  
Roll  
Carrot Sticks  
Apple Wedge  
Shortbread Biscuit

## FRIDAY

Ham Roll  
Cucumber Sticks  
Orange Wedge  
Shortbread Biscuit



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