

# WEEK 1

## WEEK STARTING:

April 20  
May 11  
June 8  
June 29  
July 20  
September 14  
October 5



## MONDAY

### CHOOSE FROM

- Pork sausages with mashed potato and gravy
- ✓ Somerset cheese and onion quiche with diced potatoes

### ON THE SIDE

Seasonal vegetables and bread roll

### TO FINISH

Ice cream, fruit smoothie or iced lolly

## TUESDAY

### CHOOSE FROM

Chicken curry with brown and white rice

- ✓ Tomato pasta

### ON THE SIDE

Seasonal vegetables and flatbread

### TO FINISH

Carrot cake

## WEDNESDAY

### CHOOSE FROM

Handmade fish cake

- ✓ Margherita pizza

### ON THE SIDE

Crinkle cut wedges, baked beans or vegetable of the day and garlic bread

### TO FINISH

Freshly baked biscuit

## THURSDAY

### CHOOSE FROM

Roast chicken and Yorkshire pudding

- ✓ Vegetable Wellington

### ON THE SIDE

Seasonal vegetables, roast potatoes, gravy and bread roll

### TO FINISH

Apple iced bun

## FRIDAY

### CHOOSE FROM

Baked fish fingers and chips

- ✓ Gnocchi in a tomato, basil and spinach sauce

### ON THE SIDE

Garden peas or sweetcorn and sliced bloomer

### TO FINISH

A choice of cold desserts

# WEEK 2

## WEEK STARTING:

April 27  
May 18  
June 15  
July 6  
August 31  
September 21  
October 12

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

Pork sausage roll with diced potatoes

- ✓ Macaroni cheese with Somerset cheddar

### ON THE SIDE

Seasonal vegetables and bread roll

### TO FINISH

Ice cream, fruit smoothie or iced lolly

## TUESDAY

### CHOOSE FROM

Spaghetti beef Bolognese

- ✓ Vegetable goujons with diced potatoes

### ON THE SIDE

Seasonal vegetables and garlic bread

### TO FINISH

Chocolate brownie

## WEDNESDAY

### CHOOSE FROM

• Bubble salmon

- ✓ Margherita pizza

### ON THE SIDE

Crinkle cut wedges, baked beans or vegetable of the day and bread roll

### TO FINISH

Freshly baked biscuit

## THURSDAY

### CHOOSE FROM

Roast beef and Yorkshire pudding

- ✓ Vegetarian toad in the hole

### ON THE SIDE

Seasonal vegetables, roast potatoes, gravy and bread roll

### TO FINISH

Butterscotch tart

## FRIDAY

### CHOOSE FROM

Baked battered fish and chips

- ✓ Sweet potato and lentil curry with brown and white rice

### ON THE SIDE

Garden peas and flatbread

### TO FINISH

A choice of cold desserts

# WEEK 3

## WEEK STARTING:

May 4  
June 1  
June 22  
July 13  
September 7  
September 28  
October 19

Daily selection of alternative desserts; fresh fruit, organic yoghurt, cheese and biscuits or fruit juice



## MONDAY

### CHOOSE FROM

Chicken goujons

- ✓ Free range omelette

### ON THE SIDE

Crinkle cut wedges, baked beans or vegetable of the day and bread roll

### TO FINISH

Ice cream, fruit smoothie or iced lolly

## WEDNESDAY

### CHOOSE FROM

Tuna and sweetcorn pasta bake

- ✓ Margherita pizza and diced potatoes

### ON THE SIDE

Seasonal vegetables and focaccia

### TO FINISH

Freshly baked biscuit

## FRIDAY

### CHOOSE FROM

Baked fish fingers and chips

- ✓ Somerset cheese and tomato Quesadilla and chips

### ON THE SIDE

Garden peas or sweetcorn and sliced bloomer

### TO FINISH

A choice of cold desserts

## THURSDAY

### CHOOSE FROM

Roast gammon and Yorkshire pudding

- ✓ Vegetarian sausages and Yorkshire pudding

### ON THE SIDE

Seasonal vegetables, roast potatoes, gravy and bread roll

### TO FINISH

Fruity summer sponge

DOWNLOAD OUR CALENDAR AND OTHER MENU OPTIONS HERE [www.hants.gov.uk/hc3s](http://www.hants.gov.uk/hc3s)

✓ Vegetarian • Crown Foods MSC Gluten Free Bubble Coated Salmon Fillets - Gold Award British Frozen Foods Federation Annual Awards 2017. All menu items are subject to change, based upon availability in the event of unforeseen circumstances.  
✓ Vegan • Langford's Welsh Sausage Co Ltd gold award winning pork and herb sausage - Winner Foodservice Pork Sausage of the Year 2013



## APRIL 2020

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 2020

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 2020

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 2020

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 2020

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 2020

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

