

YOUR SCHOOL MENU



Hampshire
County Council

Education Catering

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.



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.

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

DID YOU KNOW?

Our menus are **ALWAYS**

COMPLETELY

NUT FREE



ARE PREPARED FROM
SCRATCH

We have added **PLANT POWER** (additional veggies) to **over half of our menu**.

These added nutrients benefit pupils and protect the planet.



PLANT POWER



SAY YES TO SUCCESS

as part of the Government's UIFSM programme.

Scan to find out more.



FRESH BREAD



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
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

Strawberry 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 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

Strawberry jelly

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 bun with cheese
and chips  

Baked Omega 3 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

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 pasta 

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 brown and white rice

ON THE SIDE

Vegetables of the day or salad

TO FINISH

Strawberry jelly

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 

Roast chicken and Yorkshire pudding

ON THE SIDE

Roast potatoes, gravy and vegetables of the day

TO FINISH

Lemon drizzle cake

FRIDAY

CHOOSE FROM

Vegetable pasta 

Baked Omega 3 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.

