



YOUR SCHOOL MENU CLASSICS

KEMPSHOTT INFANT SCHOOL
OCTOBER 2023 – MARCH 2024



My daughter has thrived at school with her variations in what she now eats. I've always let her have school lunches and never gave in to packed lunches; she loves knowing the menu the day before and pre-plans what she would like! Saves us a small fortune too!

- Facebook Parent 2023, with a child in KS1



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CONVERSATION

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AT
LEAST

75%
OF OUR
MEALS

ARE PREPARED FROM
SCRATCH

FISH FROM
WELL-MANAGED AND
SUSTAINABLE SOURCES

COMPLETELY

**NUT
FREE**



Hampshire
County Council

hants.gov.uk/hc3s

WEEK 1

WEEK STARTING :

October 30

November 20

December 11

January 15

February 5

March 4

March 25



MONDAY

CHOOSE FROM

-  Plant-based burger in a bap with diced potatoes

Spaghetti bolognaise

ON THE SIDE


Vegetables of the day

TO FINISH

Yoghurt, fruit and freshly baked mini shortbread biscuit

TUESDAY

CHOOSE FROM

-  Tomato pasta
- Italian style chicken goujons with diced potatoes

ON THE SIDE

Vegetables of the day

TO FINISH

Chocolate brownie

WEDNESDAY

CHOOSE FROM

-  Handmade margherita pizza with crinkle cut wedges

Chicken and oriental style vegetable rice

ON THE SIDE


Vegetables of the day

TO FINISH

Fruit and jelly

THURSDAY

CHOOSE FROM

-  Quorn chicken pieces in a Yorkshire pudding
- Sliced beef and Yorkshire pudding

ON THE SIDE


Vegetables of the day, roast potatoes and gravy

TO FINISH

Lemon drizzle sponge

FRIDAY

CHOOSE FROM

-  Sweet potato and lentil curry with a blend of brown and white rice
- Baked fish fingers and chips

ON THE SIDE

Vegetables of the day

TO FINISH

Freshly baked shortbread biscuit

WEEK 2

WEEK STARTING:

November 6

November 27

January 1

January 22

February 19

March 11



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

Planet-based burger in a bap with diced potatoes

Cottage pie

ON THE SIDE

Vegetables of the day

TO FINISH

Yoghurt, fruit and freshly baked mini shortbread biscuit

TUESDAY

CHOOSE FROM

 Roasted vegetable lasagne

Chicken nuggets with diced potatoes

ON THE SIDE

Vegetables of the day

TO FINISH

Apple flapjack

WEDNESDAY

CHOOSE FROM

 Handmade margherita pizza with crinkle cut wedges

Ham carbonara with penne pasta

ON THE SIDE

Vegetables of the day

TO FINISH

Fruit and jelly

THURSDAY

CHOOSE FROM

 Vegetable pastry crown

Roast chicken and Yorkshire pudding

ON THE SIDE

Vegetables of the day, roast potatoes and gravy

TO FINISH

Victoria sponge

FRIDAY

CHOOSE FROM



Vegetable Pasta

Baked battered fish and chips

ON THE SIDE

Vegetables of the day

TO FINISH

Jumble biscuit

WEEK 3

WEEK STARTING :

Week Starting

November 13

December 4

January 8

January 29

February 26

March 18



MONDAY

CHOOSE FROM

- ✓ Somerset cheddar cheese and tomato quesadilla with diced potatoes
- Pork sausage roll with diced potatoes

ON THE SIDE

Vegetables of the day

TO FINISH

Yoghurt, fruit and freshly baked mini shortbread biscuit

WEDNESDAY

CHOOSE FROM

- ✓ Handmade margherita pizza
- Bubble salmon

ON THE SIDE

Vegetables of the day and crinkle cut wedges

TO FINISH

Fruit and jelly

TUESDAY

CHOOSE FROM

- ✓ Macaroni cheese with Somerset cheddar
- Chicken curry with a blend of brown and white rice

ON THE SIDE

Vegetables of the day

TO FINISH

Love cake

THURSDAY

CHOOSE FROM

Tomato & Cheese Puff
Roast chicken and Yorkshire pudding

ON THE SIDE

Vegetables of the day, roast potatoes and gravy

TO FINISH

Chocolate orange sponge

FRIDAY

CHOOSE FROM

- ✓ Vegetable and bean burrito
- Baked fish fingers and chips

ON THE SIDE

Vegetables of the day

TO FINISH

Freshly baked marble shortbread biscuit

DOWNLOAD OUR CALENDAR AND
PICTURE MENU RESOURCES HERE
www.hants.gov.uk/hc3s