HC3S FOOD TO FLOURISH

YOUR SCHOOL MENU

OCTOBER 2022 – APRIL 2023

Sustainable thinking

WEEK 2

Fresh vegetables will change seasonally and may not be shown in the photo

MONDAY

CHOOSE FROM

(Vg) Vegan Bolognaise

Pork sausage roll with diced potatoes

ON THE SIDE

Vegetable of the day or salad

TO FINISH

Ice cream served with a selection of fruit

TUESDAY

CHOOSE FROM

(Vg) Vegetable and bean Burrito

Chicken nuggets with crinkle cut wedges

ON THE SIDE

Vegetable of the day or salad

TO FINISH

Victoria sponge

WEDNESDAY

CHOOSE FROM

(V) Margherita pizza with diced potatoes

Pork meatball marinara served with pasta

ON THE SIDE

Vegetable of the day or salad

TO FINISH

Freshly baked shortbread biscuit

THURSDAY

CHOOSE FROM

(V) Quorn and mushroom parcel

Sliced beef and Yorkshire pudding

ON THE SIDE

Roast potatoes, vegetable of the day and gravy

TO FINISH

Apple sponge and custard

FRIDAY

CHOOSE FROM

(V) Baked bean and Somerset cheddar cheese Quesadilla

Baked battered fish

ON THE SIDE

Chips and vegetable of the day or salad

TO FINISH

A choice of desserts

FRESH FRUIT SALAD SERVED EVERY DAY

Vegetarian (V) Vegan (Vg)

All menu items are subject to change, based upon availability in the event of unforeseen circumstances.

WEEK STARTING: November 7, November 28, January 2, January 23, February 20, March 13

COMPLETELY NUT FREE

FRESH BREAD, PLUS SALAD MADE DAILY

AT LEAST 75% OF OUR MEALS ARE PREPARED FROM SCRATCH

FISH FROM WELL-MANAGED AND SUSTAINABLE SOURCES

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Hampshire County Council

www.hants.gov.uk/hc3s