WEEK 3

WEEK STARTING:

November 15

December 6

January 10

January 31

February 28

March 21

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



TUESDAY

CHOOSE FROM

- **V** Tomato pasta
- Bubble salmon and diced potatoes

ON THE SIDE

Vegetable of the day

TO FINISH

Love cake

THURSDAY

CHOOSE FROM

W Homemade vegetarian toad in the hole

Roast chicken and Yorkshire pudding

ON THE SIDE

Vegetable of the day, roast potatoes and gravy

TO FINISH

Chocolate brownie

MONDAY

CHOOSE FROM

Cheese and onion pasty with potato wedges

Spaghetti and turkey meatballs

ON THE SIDE

Vegetable of the day

TO FINISH

Fruit salad with vanilla ice cream

WEDNESDAY

CHOOSE FROM

W Margherita pizza with crinkle cut wedges

Chicken and vegetable fried rice with curry sauce

ON THE SIDE

Vegetable of the day

TO FINISH

Freshly baked chocolate orange shortbread

FRIDAY

CHOOSE FROM

Wegetable and bean burrito Baked fish fingers and chips

ON THE SIDE

Vegetable of the day

TO FINISH

A choice of cold desserts

DOWNLOAD OUR CALENDAR AND STREETS MENU OPTIONS HERE www.hants.gov.uk/hc3s







Sustainable thinking



WEEKE PRIMARY SCHOOL NOVEMBER 2021 - APRIL 2022

We continue to be really pleased with HC3S' school lunch service. The portions are great, quality of food is also good, as is the presentation.

- Headteacher 2021











WEEK 1

WEEK STARTING:

November 1

November 22

December 13

January 17

February 7

March 7

March 28





MONDAY

CHOOSE FROM

Wegan spaghetti Bolognaise Pork sausage roll with

diced potatoes
ON THE SIDE

Vegetable of the day

TO FINISH

Fruit salad with vanilla ice cream

TUESDAY

CHOOSE FROM

Wegetarian sausages, mashed potato and gravy Creamy chicken pasta

ON THE SIDE
Vegetable of the day

TO FINISH

Chocolate pudding

WEDNESDAY

CHOOSE FROM

W Margherita pizza with crinkle cut wedges

Chicken curry with a blend of brown and white rice

ON THE SIDE

Vegetable of the day

TO FINISH

Freshly baked oat and sultana cookie

THURSDAY

CHOOSE FROM

Wegan mince and potato pastry parcel Sliced beef and Yorkshire pudding

ON THE SIDE

Vegetable of the day, roast potatoes and gravy

TO FINISH

Rice pudding topped with fruit compote

FRIDAY

CHOOSE FROM

Somerset cheddar cheese and tomato Quesadilla

Baked fish fingers

ON THE SIDE

Vegetable of the day and chips

TO FINISH

A choice of cold desserts

WEEK 2

WEEK STARTING:

November 8

November 29

January 3

January 24

February 14

March 14

April 4

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

- (9) Sweet potato and lentil curry with a blend of brown and white rice
- Pork sausages, mashed potato and gravy

ON THE SIDE

Vegetable of the day

TO FINISH

Fruit salad with vanilla ice cream

TUESDAY

CHOOSE FROM

Macaroni cheese with
 Somerset cheddar

Lemon and herb marinated chicken with couscous

ON THE SIDE

Vegetable of the day

TO FINISI

Fruit crumble and custard

WEDNESDAY

CHOOSE FROM

- **W** Margherita pizza
- **9** Vegetable goujons

ON THE SIDE

Vegetable of the day and crinkle cut wedges

TO FINISH

Freshly baked gingerbread

THURSDAY

CHOOSE FROM

Wegan cottage pie with gravy Turkey meatloaf with mashed potato and gravy

ON THE SIDE

Vegetable of the day

TO FINISH

Jam and coconut sponge

FRIDAY

CHOOSE FROM

Vegetarian sausages

Baked battered fish

ON THE SIDE

Vegetable of the day and chips

TO FINIS

A choice of cold desserts