

YOUR SCHOOL MENU

OCTOBER 2018 – MARCH 2019



TWO CHOICE

WEEK 3

Vegetarian * Gold award winner Crown Foods MSC Gluten Free Bubble Coated Salmon Fillets

MONDAY

CHOOSE FROM

Baked pork sausages



V Quorn nuggets



VEGETABLE OF THE DAY

Served with mashed potato, gravy and broccoli

TO FINISH

Ice cream, fruit smoothie or apple lolly



A selection of alternative desserts; Banana, apple, orange, yoghurt, rice pot, fruity pot, cheese and biscuits or fruit juice are available daily

TUESDAY

CHOOSE FROM

Roast beef and Yorkshire pudding



V Vegetarian toad in the hole



VEGETABLE OF THE DAY

Served with roast potatoes, gravy and a medley of broccoli, cauliflower and carrots

TO FINISH

Winter spiced apple crumble slice

WEDNESDAY

CHOOSE FROM

* Bubble salmon with diced potatoes



V Margherita pizza



VEGETABLE OF THE DAY

Served with garden peas and sweetcorn

TO FINISH

Shortbread biscuit

Extra freshly baked bread plus salad available daily



THURSDAY

CHOOSE FROM

Roast pork, roast potatoes and gravy



V Quorn Korma with brown and white rice and Naan style bread



VEGETABLE OF THE DAY

Served with seasonal cabbage and carrots

TO FINISH

Chocolate brownie

FRIDAY

CHOOSE FROM

Fish fingers and chips with tomato sauce



V Veggie-balls in tomato sauce with pasta



VEGETABLE OF THE DAY

Served with garden peas

TO FINISH

A choice of cold desserts

WEEK COMMENCING

12th November, 3rd December,
7th and 28th January, 25th February and 18th March

OUR AWARDS



Hampshire
County Council

