

# YOUR SCHOOL MENU

NOVEMBER 2019 – APRIL 2020



# WEEK 1

## MONDAY

### CHOOSE FROM

- \* BBQ chicken in a wrap with brown and white rice



- (V) Macaroni cheese with garlic bread finger



### VEGETABLE OF THE DAY

Served with green beans or sweetcorn

### TO FINISH

Lemon crunch biscuit

Daily selection of alternative desserts: Banana, apple, orange, yoghurt, fruit pot, cheese and biscuits or fruit juice



## TUESDAY

### CHOOSE FROM

Pork grill



- (V) Vegetable goujons



### VEGETABLE OF THE DAY

Served with roast potatoes, cauliflower, green beans, carrots and gravy

### TO FINISH

Apple and blackberry muffin

## WEDNESDAY

### CHOOSE FROM

Beef Bolognese with pasta and garlic bread finger



- (V) Margherita pizza with potato wedges



### VEGETABLE OF THE DAY

Served with garden peas

### TO FINISH

Mini biscuit and fresh fruit wedge

Extra freshly baked bread plus salad available daily



## THURSDAY

### CHOOSE FROM

- \* Roast chicken



- (V) Vegetarian sausages



### VEGETABLE OF THE DAY

Served with roast potatoes, seasonal swede and carrot and gravy

### TO FINISH

A choice of cold desserts

## FRIDAY

### CHOOSE FROM

Baked fish fingers with tomato sauce



- (V) Curried vegetable puff



### VEGETABLE OF THE DAY

Served with chips, baked beans or garden peas

### TO FINISH

Cheddar cheese and crackers

Green Gourmet's award-winning Red Tractor Chicken Breast fillet - Winner of the Queen's Award for Enterprise: Innovation 2017

Vegetarian

WEEK COMMENCING

4<sup>th</sup> and 25<sup>th</sup> November, 16<sup>th</sup> December, 20<sup>th</sup> January, 10<sup>th</sup> February, 9<sup>th</sup> and 30<sup>th</sup> March



# YOUR SCHOOL MENU

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# WEEK 2

## MONDAY

### CHOOSE FROM

Chicken grill in a bap



**V** Tomato pasta with garlic bread finger



### VEGETABLE OF THE DAY

Served with garden peas

### TO FINISH

Ice cream or fruit smoothie

Daily selection of alternative desserts: Banana, apple, orange, yoghurt, fruit pot, cheese and biscuits or fruit juice



## TUESDAY

### CHOOSE FROM

Roast beef and Yorkshire pudding



**V** Vegetarian sausage puff



### VEGETABLE OF THE DAY

Served with roast potatoes, gravy and vegetable medley

### TO FINISH

Tutti fruity sponge

## WEDNESDAY

### CHOOSE FROM

**V** Quorn burger with mashed potatoes



**V** Margherita pizza with potato wedges



### VEGETABLE OF THE DAY

Served with baked beans or garden peas

### TO FINISH

A choice of cold desserts

Extra freshly baked bread plus salad available daily



## THURSDAY

### CHOOSE FROM

**V** Roast chicken, roast potatoes and gravy



**V** Cauliflower cheese with tomato bread



### VEGETABLE OF THE DAY

Served with carrots and broccoli

### TO FINISH

Fruity flapjack

## FRIDAY

### CHOOSE FROM

Baked battered fish, chips and tomato sauce



**V** Sweet potato and lentil curry with brown and white rice and Naan style bread



### VEGETABLE OF THE DAY

Served with garden peas or sweetcorn

### TO FINISH

Chocolate brownie

WEEK COMMENCING

11<sup>th</sup> November, 2<sup>nd</sup> December, 6<sup>th</sup> and 27<sup>th</sup> January, 24<sup>th</sup> February and 16<sup>th</sup> March



Crown Foods MSC Gluten Free Bubble Coated Salmon Fillets - Gold Award British Frozen Foods Federation Annual Awards 2017  
 Green Gourmet's award-winning Red Tractor Chicken breast fillet - Winner of the Queen's Award for Enterprise: Innovation 2017  
 Vegetarian

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# WEEK 3

## MONDAY

### CHOOSE FROM

Pork sausages with mashed potato



**V** Vegetable burrito



### VEGETABLE OF THE DAY

Served with baked beans

**TO FINISH**  
Oaty cookie

Daily selection of alternative desserts: Banana, apple, orange, yoghurt, fruit pot, cheese and biscuits or fruit juice



## TUESDAY

### CHOOSE FROM

Chicken Korma with brown and white rice and Naan style bread



**V** Quorn nuggets, roast potatoes and gravy



### VEGETABLE OF THE DAY

Served with cauliflower, carrots and green beans

**TO FINISH**  
Winter apple crumble slice

## WEDNESDAY

### CHOOSE FROM

**\*** Bubble salmon with potato wedges



**V** Margherita pizza with potato wedges



### VEGETABLE OF THE DAY

Served with garden peas and sweetcorn

**TO FINISH**  
Carrot cake

Extra freshly baked bread plus salad available daily



## THURSDAY

### CHOOSE FROM

**\*** Roast chicken, roast potatoes and gravy



**V** Roasted vegetable pasta bake with garlic bread finger



### VEGETABLE OF THE DAY

Served with green beans or carrots

**TO FINISH**  
Shortbread

## FRIDAY

### CHOOSE FROM

Baked fish fingers with tomato sauce



**V** Mexican bean roll with tomato sauce



### VEGETABLE OF THE DAY

Served with chips and garden peas

**TO FINISH**  
Ice cream or fruit smoothie

WEEK COMMENCING

18<sup>th</sup> November, 9<sup>th</sup> December, 13<sup>th</sup> January, 3<sup>rd</sup> February, 2<sup>nd</sup> and 23<sup>rd</sup> March



Hampshire  
County Council

