

# WEEK 3

## WEEK STARTING :

May 1  
May 22  
June 19  
July 10  
September 4  
September 25  
October 16



## TUESDAY

### CHOOSE FROM

- ✓ Tomato pasta

Chicken Katsu curry with a blend of brown and white rice

### ON THE SIDE

Vegetable of the day or salad

### TO FINISH

Freshly baked oat and sultana cookie

## THURSDAY

### CHOOSE FROM

- ✓ Vegetable wellington

Roast chicken with Yorkshire pudding

### ON THE SIDE

Roast potatoes, vegetable of the day and gravy

### TO FINISH

Victoria sponge

## MONDAY

### CHOOSE FROM

- ✓ Five bean chilli with a blend of brown and white rice
- Chicken meatball sub with BBQ sauce and diced potatoes

### ON THE SIDE

Vegetable of the day or salad

### TO FINISH

Ice-cream or yogurt with fruit salad

## WEDNESDAY

### CHOOSE FROM

- ✓ Margherita pizza
- Fishcake

### ON THE SIDE

Crinkle cut wedges and vegetable of the day or salad

### TO FINISH

Orange jelly topped with chocolate whip

## FRIDAY

### CHOOSE FROM

- ✓ Macaroni cheese with Somerset cheddar
- Fish fingers and chips

### ON THE SIDE

Vegetable of the day or salad and chips

### TO FINISH

Chocolate brownie

DOWNLOAD OUR CALENDAR AND PICTURE MENU RESOURCES HERE  
[www.hants.gov.uk/hc3s](http://www.hants.gov.uk/hc3s)



# YOUR SCHOOL MENU CLASSICS

WEEKE PRIMARY SCHOOL  
APRIL – OCTOBER 2023



*My son and the children I child mind for have nothing but amazing things to say about the food. Whenever I have tasted it at parent evenings, I'm always a little jealous they get to eat it every day!*

– Facebook Parent 2022



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

# WEEK 1

## WEEK STARTING :

April 17

May 8

June 5

June 26

July 17


September 11

October 2



## MONDAY

### CHOOSE FROM

-  Nacho bean bites with diced potatoes
- Pork sausages with mashed potato and gravy

### ON THE SIDE


Vegetable of the day or salad

### TO FINISH

Ice-cream or yoghurt with fruit salad

## TUESDAY

### CHOOSE FROM

-  Sweet potato and lentil curry with a blend of brown and white rice
- Cheeseburger with crinkle cut wedges

### ON THE SIDE


Vegetable of the day or salad

### TO FINISH

Freshly baked shortbread biscuit

## WEDNESDAY

### CHOOSE FROM

-  Margherita pizza with diced potatoes
- Ham carbonara with penne pasta

### ON THE SIDE


Vegetable of the day or salad

### TO FINISH

Trifle

## THURSDAY

### CHOOSE FROM

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

### ON THE SIDE


Roast potatoes, vegetable of the day and gravy

### TO FINISH

Chocolate pudding

## FRIDAY

### CHOOSE FROM

-  Tomato pasta
- Baked fish fingers

### ON THE SIDE

Chips and vegetable of the day or salad

### TO FINISH

Banana flapjack

# WEEK 2

## WEEK STARTING :

April 24

May 15

June 12

July 3

August 28


September 18

October 9

 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

-  Roasted vegetable lasagne
- Pork sausage roll with diced potatoes

### ON THE SIDE


Vegetable of the day or salad

### TO FINISH

Ice-cream or yoghurt with fruit salad

## TUESDAY

### CHOOSE FROM

-  Vegetable and bean burrito
- Chicken nuggets with crinkle cut wedges

### ON THE SIDE


Vegetable of the day or salad

### TO FINISH

Freshly baked chocolate cookie

## WEDNESDAY

### CHOOSE FROM

-  Margherita pizza
- Bubble salmon

### ON THE SIDE


Diced potatoes and vegetable of the day or salad

### TO FINISH

Orange and strawberry jelly

## THURSDAY

### CHOOSE FROM

-  Quorn and leek pastry crown
- Sliced pork with Yorkshire pudding

### ON THE SIDE


Roast potatoes, vegetable of the day and gravy

### TO FINISH

Lemon drizzle sponge

## FRIDAY

### CHOOSE FROM

-  Somerset cheddar cheese and tomato quesadilla
- Baked battered fish

### ON THE SIDE

Vegetable of the day or salad and chips

### TO FINISH

Love cake