

WEEK 3

WEEK STARTING :

Week Starting
November 13
December 4
January 8
January 29
February 26
March 18



TUESDAY

CHOOSE FROM

- ✓ Somerset cheddar cheese and tomato quesadilla with diced potatoes

Chicken curry with a blend of brown and white rice

ON THE SIDE
Vegetables of the day

TO FINISH
Love cake

THURSDAY

CHOOSE FROM

- ✓ Meat-free sausage puff
- Roast chicken and Yorkshire pudding

ON THE SIDE
Vegetables of the day, roast potatoes and gravy

TO FINISH
Chocolate orange sponge

MONDAY

CHOOSE FROM

- ✓ Macaroni cheese with Somerset cheddar
- Pork sausage roll with diced potatoes

ON THE SIDE
Vegetables of the day

TO FINISH
Yoghurt, fruit and freshly baked mini shortbread biscuit

WEDNESDAY

CHOOSE FROM

- ✓ Handmade margherita pizza
- Bubble salmon

ON THE SIDE
Vegetables of the day and crinkle cut wedges

TO FINISH
Fruit and jelly

FRIDAY

CHOOSE FROM

- ✓ Vegetable and bean burrito
- Baked fish fingers and chips

ON THE SIDE
Vegetables of the day

TO FINISH
Freshly baked marble shortbread biscuit

DOWNLOAD OUR CALENDAR AND
PICTURE MENU RESOURCES HERE
www.hants.gov.uk/hc3s



Sustainable thinking



YOUR SCHOOL MENU CLASSICS

THE FEDERATION OF FRYERN INFANT
AND JUNIOR SCHOOLS
OCTOBER 2023 – MARCH 2024



My daughter has thrived at school with her variations in what she now eats. I've always let her have school lunches and never gave in to packed lunches; she loves knowing the menu the day before and pre-plans what she would like! Saves us a small fortune too!

- Facebook Parent 2023, with a child in KS1



WEEK 1

WEEK STARTING :

October 30
November 20
December 11
January 15
February 5
March 4
March 25



MONDAY

CHOOSE FROM

- Plant-based burger in a bap with diced potatoes
- Spaghetti bolognaise

ON THE SIDE

Vegetables of the day

TO FINISH

Yoghurt, fruit and freshly baked mini shortbread biscuit

TUESDAY

CHOOSE FROM

- Tomato pasta
- Italian style chicken goujons with diced potatoes

ON THE SIDE

Vegetables of the day

TO FINISH

Chocolate brownie

WEDNESDAY

CHOOSE FROM

- Handmade margherita pizza with crinkle cut wedges
- Chicken and oriental style vegetable rice

ON THE SIDE

Vegetables of the day

TO FINISH

Fruit and jelly

THURSDAY

CHOOSE FROM

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

ON THE SIDE

Vegetables of the day, roast potatoes and gravy

TO FINISH

Lemon drizzle sponge

FRIDAY

CHOOSE FROM

- Sweet potato and lentil curry with a blend of brown and white rice
- Baked fish fingers and chips

ON THE SIDE

Vegetables of the day

TO FINISH

Freshly baked shortbread biscuit

WEEK 2

WEEK STARTING :

November 6
November 27
January 1
January 22
February 19
March 11

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

- Meat-free hotdog with diced potatoes
- Cottage pie

ON THE SIDE

Vegetables of the day

TO FINISH

Yoghurt, fruit and freshly baked mini shortbread biscuit

TUESDAY

CHOOSE FROM

- Roasted vegetable lasagne
- Chicken nuggets with diced potatoes

ON THE SIDE

Vegetables of the day

TO FINISH

Apple flapjack

WEDNESDAY

CHOOSE FROM

- Handmade margherita pizza with crinkle cut wedges
- Ham carbonara with penne pasta

ON THE SIDE

Vegetables of the day

TO FINISH

Fruit and jelly

THURSDAY

CHOOSE FROM

- Vegetable pastry crown
- Roast chicken and Yorkshire pudding

ON THE SIDE

Vegetables of the day, roast potatoes and gravy

TO FINISH

Victoria sponge

FRIDAY

CHOOSE FROM

- Somerset cheddar cheese and potato frittata
- Baked battered fish and chips

ON THE SIDE

Vegetables of the day

TO FINISH

Jumble biscuit