

WEEK 3

WEEK STARTING:

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



MONDAY

CHOOSE FROM

- ✓ Macaroni cheese with Somerset cheddar

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

- ✓ Five bean chilli with a blend of brown and white rice

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

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



YOUR SCHOOL MENU CLASSICS

FRYERN INFANT AND JUNIOR 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
- Ham carbonara with penne pasta

ON THE SIDE

Vegetable of the day or salad

TO FINISH

Freshly baked shortbread biscuit

WEDNESDAY

CHOOSE FROM

- Margherita pizza with diced potatoes

Cheeseburger with crinkle cut wedges

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

- Summer vegetable quiche
- 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