County Council
Education Catering


Meat-free option
Tomato pasta (V) On the side
Vegetables of the day or salad To finish
Freshly baked chocolate shortbread biscuit


Meat option
Chicken fajita with a blend of brown and white rice On the side Vegetables of the day To finish
Freshly baked chocolate shortbread biscuit

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## TUESDAY WEEK 1

## YOUR SCHOOL MENU



Meat-free option
Sweet potato and lentil curry with a blend of brown and white rice $(\mathrm{Vg})$
On the side
Vegetables of the day or salad To finish Fruit and jelly


Meat option
Choose from
Pork sausages with mashed potato and gravy
On the side
Vegetables of the day or salad
To finish
Fruit and jelly FLOURISH ${ }^{\circ}$

## WEDNESDAY WEEK 1

## YOUR SCHOOL MENU



Meat-free option
Margherita pizza (V)
On the side
Vegetables of the day or salad To finish
Banana cake


Meat option
Bubble salmon and crinkle cut wedges
On the side
Vegetables of the day or salad
To finish
Banana cake

## THURSDAY WEEK 1

## YOUR SCHOOL MENU



Meat-free option
Vegetable wellington (Vg) On the side
Roast potatoes, vegetables of the day and gravy
To finish
Chocolate sponge cake


Meat option
Sliced beef and Yorkshire pudding
On the side
Roast potatoes, vegetables of the day and gravy
To finish
Chocolate sponge cake


Meat-free option
Roasted vegetable lasagne (V)

> On the side

Vegetables of the day or salad To finish
Jam and coconut sponge cake


Meat option
Baked fish fingers and chips
On the side
Vegetables of the day or salad
To finish
Jam and coconut sponge cake

## MONDAY WEEK 2

Education Catering

## YOUR SCHOOL MENU



Meat-free option 1
Vegetarian sausage roll and mashed potato (V) On the side
Vegetables of the day or salad To finish
Freshly baked shortbread biscuit


Meat-free option 2
Macaroni cheese with Somerset cheddar (V) On the side
Vegetables of the day or salad To finish
Freshly baked shortbread biscuit

## FOOD <br> TO FLOURISH ${ }^{+}$

## TUESDAY WEEK 2

## YOUR SCHOOL MENU



Meat-free option
Somerset cheddar cheese and tomato quesadilla and diced potatoes (V) On the side
Vegetables of the day or salad To finish
Fresh fruit wedges


Meat option
Chicken Katsu curry with a blend of brown and white rice
On the side
Vegetables of the day or salad
To finish
Fresh fruit wedges


Meat-free option
Margherita pizza (V)
On the side
Vegetables of the day or salad To finish
Apple sponge cake


Meat option
Ham carbonara with penne pasta
On the side
Vegetables of the day or salad
To finish
Apple sponge cake

## THURSDAY WEEK 2

## YOUR SCHOOL MENU



Meat-free option
Quorn and leek crown (V)
On the side
Roast potatoes, vegetables of the day and gravy To finish
Marble sponge cake


Meat option
Roast Chicken and Yorkshire pudding
On the side
Roast potatoes, vegetables of the day and gravy
To finish
Marble sponge cake

## FRIDAY WEEK 2

# Hampshire 

County Council
Education Catering

## YOUR SCHOOL MENU



Meat-free option
Plant-based burger in a bap with cheese and chips (V) On the side
Vegetables of the day or salad
To finish
Chocolate brownie


Meat option
Baked fish fingers and chips
On the side
Vegetables of the day or salad
To finish
Chocolate brownie

## MONDAY WEEK 3

## YOUR SCHOOL MENU



Meat-free option
Somerset cheddar cheese, onion and potato pasty (V) On the side
Vegetables of the day or salad To finish
Freshly baked marble shortbread biscuit


Meat option
Chicken nuggets with diced potatoes On the side
Vegetables of the day or salad
To finish
Freshly baked marble shortbread biscuit

## TUESDAY WEEK 3

## YOUR SCHOOL MENU



Meat-free option
Choose from
Plant-based sausage hotdog and diced potatoes ( Vg )
On the side
Vegetables of the day or salad
To finish
Apple crumble


Meat option
Chicken curry with a blend of brown and white rice On the side
Vegetables of the day or salad
To finish
Apple crumble

## WEDNESDAY WEEK 3

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YOUR SCHOOL MENU
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YOUR SCHOOL MENU
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Meat-free option
Margherita pizza (V)
On the side
Vegetables of the day or salad To finish
Chocolate banana cake


Meat option
Beef bolognaise pasta bake
On the side
Vegetables of the day or salad To finish
Chocolate banana cake

County Council
Education Catering

## YOUR SCHOOL MENU



Meat-free option
Quorn pieces in a Yorkshire pudding (V) On the side
Roast potatoes, vegetables of the day and gravy
To finish
Lemon drizzle cake


Meat option
Sliced gammon and Yorkshire pudding
On the side
Roast potatoes, vegetables of the day and gravy
To finish
Lemon drizzle cake

## FRIDAY WEEK 3

## YOUR SCHOOL MENU



Meat-free option
Choose from
Somerset cheddar cheese and potato frittata (V)
On the side
Vegetables of the day or salad
To finish
Flapjack


Meat option
Baked fish fingers and chips
On the side
Vegetables of the day or salad
To finish
Flapjack

