



YOUR SCHOOL MENU CLASSICS

LONGPARISH CE
PRIMARY SCHOOL
NOVEMBER 2021 – APRIL 2022

We continue to be really pleased with HC3S' school lunch service. The portions are great, quality of food is also good, as is the presentation.

– Headteacher 2021



WEEK 1

WEEK STARTING :

November 1

November 22

December 13

January 17

February 7

March 7

March 28



MONDAY

CHOOSE FROM

Vg Vegan spaghetti Bolognaise

Pork sausage roll with
diced potatoes

ON THE SIDE

Vegetable of the day

TO FINISH

Fruit salad with vanilla ice cream

TUESDAY

CHOOSE FROM

Vg Vegetarian sausages, mashed
potato and gravy

Creamy chicken pasta

ON THE SIDE

Vegetable of the day

TO FINISH

Chocolate pudding

WEDNESDAY

CHOOSE FROM

V Margherita pizza with crinkle
cut wedges

Chicken curry with a blend of
brown and white rice

ON THE SIDE

Vegetable of the day

TO FINISH

Freshly baked oat and sultana cookie

THURSDAY

CHOOSE FROM

Vg Vegan mince and potato
pastry parcel

Sliced beef and Yorkshire
pudding

ON THE SIDE

Vegetable of the day, roast
potatoes and gravy

TO FINISH

Rice pudding topped with
fruit compote

FRIDAY

CHOOSE FROM

V Somerset cheddar cheese and
tomato Quesadilla

Baked fish fingers

ON THE SIDE

Vegetable of the day and chips

TO FINISH

A choice of cold desserts

WEEK 2

WEEK STARTING :

November 8

November 29

January 3

January 24

February 14

March 14

April 4




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

-  Sweet potato and lentil curry with a blend of brown and white rice
- * Pork sausages, mashed potato and gravy

ON THE SIDE


Vegetable of the day

TO FINISH

Fruit salad with vanilla ice cream

TUESDAY

CHOOSE FROM

-  Macaroni cheese with Somerset cheddar
- Lemon and herb marinated chicken with couscous

ON THE SIDE


Vegetable of the day

TO FINISH

Fruit crumble and custard

WEDNESDAY

CHOOSE FROM

-  Margherita pizza
-  Vegetable goujons

ON THE SIDE


Vegetable of the day and crinkle cut wedges

TO FINISH

Freshly baked gingerbread

THURSDAY

CHOOSE FROM

-  Vegan cottage pie with gravy
- Turkey meatloaf with mashed potato and gravy

ON THE SIDE


Vegetable of the day

TO FINISH

Jam and coconut sponge

FRIDAY

CHOOSE FROM

-  Free range omelette filled with Somerset cheddar cheese and sliced tomato
- Baked battered fish

ON THE SIDE

Vegetable of the day and chips

TO FINISH

A choice of cold desserts

WEEK 3

WEEK STARTING :

November 15

December 6

January 10

January 31

February 28

March 21

Daily selection of
alternative desserts;
fresh fruit, yoghurt,
cheese and biscuits
or fruit juice



TUESDAY

CHOOSE FROM

- ✓ Tomato pasta
- * Bubble salmon and diced potatoes

ON THE SIDE

Vegetable of the day

TO FINISH

Love cake

THURSDAY

CHOOSE FROM

- ✓ Homemade vegetarian toad
in the hole
- Roast chicken and Yorkshire pudding

ON THE SIDE

Vegetable of the day, roast
potatoes and gravy

TO FINISH

Chocolate brownie

MONDAY

CHOOSE FROM

- ✓ Cheese and onion pasta with
potato wedges
- Spaghetti and turkey meatballs

ON THE SIDE

Vegetable of the day

TO FINISH

Fruit salad with vanilla ice cream

WEDNESDAY

CHOOSE FROM

- ✓ Margherita pizza with crinkle
cut wedges
- Chicken and vegetable fried rice
with curry sauce

ON THE SIDE

Vegetable of the day

TO FINISH

Freshly baked chocolate orange
shortbread

FRIDAY

CHOOSE FROM

- ✓g Vegan sausage roll
- Baked fish fingers

ON THE SIDE

Vegetable of the day and chips

TO FINISH

A choice of cold desserts

DOWNLOAD OUR CALENDAR AND
STREETS MENU OPTIONS HERE
www.hants.gov.uk/hc3s