

WEEK 3

WEEK STARTING:

May 9
June 6
June 27
July 18
September 12
October 3

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



TUESDAY

CHOOSE FROM

- Vegetarian Vegetable goujon and diced potatoes
- Spaghetti with turkey meatballs

ON THE SIDE

Vegetable of the day or salad

TO FINISH

Freshly baked oaty biscuit

THURSDAY

CHOOSE FROM

- Vegetarian Vegetarian sausages and Yorkshire pudding
- Sliced pork and Yorkshire pudding

ON THE SIDE

Roast potatoes, vegetable of the day and gravy

TO FINISH

Iced carrot cake

MONDAY

CHOOSE FROM

- Vegetarian Macaroni cheese with Somerset cheddar
- Burger in a bap with homemade potato wedges

ON THE SIDE

Vegetable of the day or salad

TO FINISH

Ice cream served with a selection of fruit

WEDNESDAY

CHOOSE FROM

- Vegetarian Margherita pizza with crinkle cut wedges
- Fruity Caribbean chicken fillet with coconut rice

ON THE SIDE

Vegetable of the day or salad

TO FINISH

Eton mess

FRIDAY

CHOOSE FROM

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

ON THE SIDE

Vegetable of the day or salad

TO FINISH

A choice of desserts

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

Sustainable thinking



YOUR SCHOOL MENU CLASSICS

LONGPARISH CE PRIMARY SCHOOL



Five star excellent meals provided and such a great variety that my little girl raves about them. She has not had a lunch box since starting school.

– Facebook Parent 2021



WEEK 1

WEEK STARTING :

April 25
May 16
June 13
July 4
August 29
September 19
October 10



MONDAY

CHOOSE FROM

- ✓ Summer vegetable quiche with new potatoes
- Pork sausages with mashed potato and gravy

ON THE SIDE

Vegetable of the day or salad

TO FINISH

Ice cream served with a selection of fruit

TUESDAY

CHOOSE FROM

- ✓ Tomato pasta
- BBQ chicken fillet with diced potatoes

ON THE SIDE

Vegetable of the day or salad

TO FINISH

Freshly baked gingerbread

WEDNESDAY

CHOOSE FROM

- ✓ Margherita pizza

Bubble salmon

ON THE SIDE

Crinkle cut wedges and vegetable of the day or salad

TO FINISH

Victoria sponge

THURSDAY

CHOOSE FROM

- ✓ Vegetarian sausage puff
- Roast chicken with stuffing

ON THE SIDE

Roast potatoes, vegetable of the day and gravy

TO FINISH

Chocolate brownie

FRIDAY

CHOOSE FROM

- ✓ Somerset cheddar cheese and tomato Quesadilla
- Baked fish fingers

ON THE SIDE

Chips and vegetable of the day or salad

TO FINISH

A choice of desserts

WEEK 2

WEEK STARTING :

May 2
May 23
June 20
July 11
September 5
September 26
October 17



MONDAY

CHOOSE FROM

- ✓ Vegan Bolognese
- Pork sausage roll with mashed potato

ON THE SIDE

Vegetable of the day or salad

TO FINISH

Ice cream served with a selection of fruit

TUESDAY

CHOOSE FROM

- ✓ Quorn and vegetable Fajita
- Chicken nuggets

ON THE SIDE

Crinkle cut wedges and vegetable of the day or salad

TO FINISH

Freshly baked shortbread

WEDNESDAY

CHOOSE FROM

- ✓ Margherita pizza with diced potatoes
- Chicken curry with a blend of brown and white rice

ON THE SIDE

Vegetable of the day or salad

TO FINISH

Banana flapjack

THURSDAY

CHOOSE FROM

- ✓ Quorn and leek pastry crown
- Sliced beef and Yorkshire pudding

ON THE SIDE

Roast potatoes, vegetable of the day and gravy

TO FINISH

Apple sponge

FRIDAY

CHOOSE FROM

- ✓ Vegan sausage roll and chips
- Baked battered fish and chips

ON THE SIDE

Vegetable of the day or salad

TO FINISH

A choice of desserts