

WEEK 3

WEEK STARTING:

May 3
May 24
June 21
July 12
September 6
September 27
October 18

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



TUESDAY

CHOOSE FROM

- ✓ Summer vegetable quiche
- Beef burger in a homemade roll

ON THE SIDE

Selection of seasonal vegetables and crinkle cut wedges

TO FINISH

Freshly baked biscuit

THURSDAY

CHOOSE FROM

- ✓ Quorn fillet
- Toad in the hole

ON THE SIDE

Selection of seasonal vegetables, roast potatoes and gravy

TO FINISH

Chocolate brownie

MONDAY

CHOOSE FROM

- ✓ Macaroni cheese with Somerset cheddar
- Chicken marinated in a BBQ sauce served with a blend of brown and white rice

ON THE SIDE

Selection of seasonal vegetables

TO FINISH

Ice cream

WEDNESDAY

CHOOSE FROM

- ✓ Margherita pizza with diced potatoes
- Tuna and sweetcorn pasta bake

ON THE SIDE

Selection of seasonal vegetables

TO FINISH

Apple iced bun

FRIDAY

CHOOSE FROM

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

ON THE SIDE

Baked beans or garden peas

TO FINISH

A choice of cold desserts

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



YOUR SCHOOL MENU CLASSICS

LONGPARISH CHURCH OF ENGLAND PRIMARY SCHOOL
APRIL – OCTOBER 2021



On behalf of the pupils, parents and staff, I would like to thank you for your continued support of our school community during this unprecedented year. The support you have given the school has helped us to ensure our children do not go hungry or suffer adverse harm."

- Headteacher 2020



WEEK 1

WEEK STARTING :

April 19
May 10
June 7
June 28
July 19
September 13
October 4



MONDAY

CHOOSE FROM

- ✓ Gnocchi in a tomato, basil and spinach sauce
- Pork sausages, mashed potato and gravy

ON THE SIDE

Selection of seasonal vegetables

TO FINISH

Ice cream

TUESDAY

CHOOSE FROM

- ✓ Free range omelette with diced potatoes
- Chicken curry with a blend of brown and white rice

ON THE SIDE

Selection of seasonal vegetables

TO FINISH

Freshly baked biscuit

WEDNESDAY

CHOOSE FROM

- ✓ Margherita pizza and crinkle cut wedges

Ham Carbonara

ON THE SIDE

Selection of seasonal vegetables

TO FINISH

Fruit and yoghurt granola pot

THURSDAY

CHOOSE FROM

- ✓ Roasted vegetable puff pastry parcel
- Sliced beef and Yorkshire pudding

ON THE SIDE

Selection of seasonal vegetables, roast potatoes and gravy

TO FINISH

Apple sponge

FRIDAY

CHOOSE FROM

- ✓ Vegan sausage roll
- Baked fish fingers

ON THE SIDE

Baked beans or garden peas and chips

TO FINISH

A choice of cold desserts

WEEK 2

WEEK STARTING :

April 26
May 17
June 14
July 5
August 30
September 20
October 11



MONDAY

CHOOSE FROM

- ✓ Tomato pasta
- Pork sausage roll with diced potatoes

ON THE SIDE

Selection of seasonal vegetables

TO FINISH

Ice cream

TUESDAY

CHOOSE FROM

- ✓ Vegetable burger with homemade potato wedges
- Spaghetti beef Bolognaise

ON THE SIDE

Selection of seasonal vegetables

TO FINISH

Freshly baked biscuit

WEDNESDAY

CHOOSE FROM

- ✓ Margherita pizza
- Bubble salmon

ON THE SIDE

Selection of seasonal vegetables and crinkle cut wedges

TO FINISH

Fruity frozen yoghurt

THURSDAY

CHOOSE FROM

- ✓ Vegetarian sausages and Yorkshire pudding

Roast chicken and Yorkshire pudding

ON THE SIDE

Selection of seasonal vegetables, roast potatoes and gravy

TO FINISH

Banana muffin

FRIDAY

CHOOSE FROM

- ✓ Somerset cheddar cheese and tomato Quesadilla

Baked battered fish

ON THE SIDE

Baked beans or garden peas and chips

TO FINISH

A choice of cold desserts