



# Week One

## MONDAY

Moroccan chicken and rice  
or  
Vegetarian sausages and gravy with  
diced potatoes

Broccoli and salad  
Oatmeal cookie



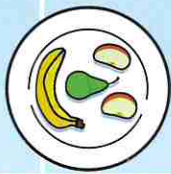
## TUESDAY

Beef roast and gravy  
or  
Quorn burger and gravy

Yorkshire pudding, dry roast potatoes, cabbage, carrots,  
Salad  
Mixed cold desserts

## WEDNESDAY

Beef meatballs and gravy with pasta and broccoli  
or  
Pizza with sweetcorn  
Salad  
Banana flapjack



## THURSDAY

Pork roast and gravy  
or  
Bean and cheese yorkie  
Salad

Dry roast potatoes, broccoli, cauliflower and carrot mix  
Salad  
Mixed cold desserts

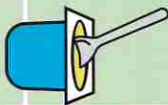
## FRIDAY

Baked fish fingers and tomato ketchup with chipped  
potatoes and baked beans  
or  
Neapolitan pasta with garden peas  
Salad  
Chocolate cherry muffin



## MONDAY

Baked pork sausages with mashed potatoes and  
baked beans  
or  
Macaroni cheese and garden peas  
Salad  
Ice cream



## TUESDAY

Chicken roast with gravy  
or  
Vegetable and bean bake and gravy

Dry roast potatoes, broccoli, cauliflower and carrot mix,  
Salad  
Mixed cold desserts

## WEDNESDAY

Salmon and haddock slice with potato wedges  
or  
Garden peas and sweetcorn medley  
Salad  
Fruit crumble slice and low sugar custard

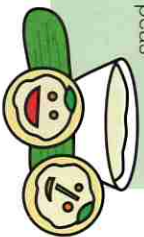


## THURSDAY

Beef roast with Yorkshire pudding and gravy  
with dry roast potatoes, swede and carrots  
or  
Sweet potato and lentil curry and rice with green beans  
Salad  
Mixed cold desserts

## FRIDAY

Battered fish and tomato ketchup  
or  
Vegetarian Quorn pasty  
Chipped potatoes, garden peas  
Salad  
Iced fruit bread



# Week Two

## MONDAY

Southern coated chicken goujons  
or  
Cheese and vegetable bake  
Herb diced potatoes, garden peas and  
sweetcorn medley, Salad  
Chocolate sponge and chocolate custard

Pork roast and gravy  
or  
Vegetarian toad in the hole and gravy

Dry roast potatoes, cabbage and carrots  
Salad  
Mixed cold desserts

## TUESDAY

Mild beef Madras curry, naan bread and rice  
or  
Broccoli and salad  
Orange cookie



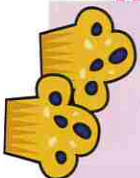
## WEDNESDAY

Chicken roast with gravy  
or  
Vegetarian sausage puff and gravy

Dry roast potatoes, broccoli, cauliflower and carrot mix  
Salad  
Mixed cold desserts

## THURSDAY

Baked fish fingers with tomato ketchup, chipped  
potatoes and garden peas  
or  
Tomato bean gratin and sweetcorn  
Salad  
Tutti fruit sponge



## FRIDAY

**£2.10**  
for a  
two course  
meal



# Week Three

**£2.10**  
for a  
two course  
meal



## Menu dates for October 2016 - April 2017

Week One

Week Two

Week Three

### OCTOBER

SUN	MON	TUE	WED	THUR	FRI	SAT
	1	2	3	4	5	
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

### NOVEMBER

SUN	MON	TUE	WED	THUR	FRI	SAT
	1	2	3	4	5	
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

### DECEMBER

SUN	MON	TUE	WED	THUR	FRI	SAT
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

### JANUARY 2017

SUN	MON	TUE	WED	THUR	FRI	SAT
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

### FEBRUARY

SUN	MON	TUE	WED	THUR	FRI	SAT
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

### MARCH

SUN	MON	TUE	WED	THUR	FRI	SAT
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

### APRIL

SUN	MON	TUE	WED	THUR	FRI	SAT
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

Vegetarian option.

HC3S only uses fish products deemed to come from well-managed and sustainable fisheries.

Alternative Desserts: Banana, apple, orange, yoghurt, rice pot, fruitily pot, cheese and biscuits or fruit juice will be available daily. Additional bread will be available daily

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