



# YOUR SCHOOL MENU

COMPLETELY

Our menus are ALWAYS

NUT FREE



The meals we prepare and serve adhere to the **Government's School Food Plan**. It includes the recommendations for portion sizes and food groups for all primary aged pupils.

## FOOD TO FLOURISH™

Our nutritious lunches, on our **three-week menu cycle**, help children flourish by giving them the right balance of nutrients and energy.

Our primary menus comply with the Government's food and nutritional standards, meeting an average of **530 CALORIES FOR EACH MEAL**.

## DID YOU KNOW?

FRESH BREAD

PLUS SALAD

MADE DAILY



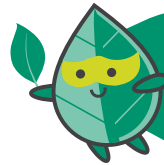
AT LEAST

75%

OF OUR MEALS

ARE PREPARED FROM SCRATCH

We have added **PLANT POWER** (additional veggies) to **over half of our menu**. These added nutrients benefit pupils and protect the planet.



## PLANT POWER

**SAY YES TO SUCCESS** as part of the Government's UIFSM programme. For more details visit the [Year R Hub](#)

SCHOOL LUNCH **FREE** FOR EVERY CHILD  
*Applies to EYFS & KS1 pupils only.*



Contains

OMEGA 3

Fish on our menu is **FROM WELL-MANAGED AND SUSTAINABLE SOURCES**

# WEEK 1 MENU

WEEK STARTING

**15**  
APR

**6**  
MAY

**3**  
JUN

**24**  
JUN

**15**  
JUL

**9**  
SEP


**30**  
SEP

**21**  
OCT

## MONDAY

CHOOSE FROM

Tomato pasta 

Chicken fajita with a blend  
of brown and white rice 

ON THE SIDE


Vegetables of the  
day or salad

TO FINISH

Various

## TUESDAY

CHOOSE FROM

Sweet potato and lentil  
curry with a blend brown  
and white rice 

Pork sausages with  
mashed potato and gravy

ON THE SIDE

Vegetables of the  
day or salad

TO FINISH

Various

## WEDNESDAY

CHOOSE FROM

Handmade margherita  
pizza 

Bubble salmon with  
crinkle cut wedges

ON THE SIDE

Vegetables of the  
day or salad

TO FINISH

Various

## THURSDAY

CHOOSE FROM

Vegetable wellington 

Sliced beef and Yorkshire  
pudding

ON THE SIDE

Roast potatoes, gravy and  
vegetables of the day

TO FINISH

Various

## FRIDAY

CHOOSE FROM

Roasted vegetable  
lasagne 

Baked omega 3 fillet fish  
fingers and chips




ON THE SIDE

Vegetables of the day  
or salad

TO FINISH

Various



-  Vegetarian
-  Vegan
-  Plant Power

All menu items are subject  
to change, based upon  
availability and in the event  
of unforeseen circumstances.

# WEEK 2 MENU

WEEK STARTING

**22**  
APR

**13**  
MAY

**10**  
JUN

**1**  
JUL

**22**  
JUL

**16**  
SEP

**7**  
OCT

## MEAT FREE MONDAY

CHOOSE FROM

Vegetarian sausage roll  
with mashed potato 

Macaroni cheese with  
Somerset cheddar 

ON THE SIDE

Vegetables of the  
day or salad

TO FINISH

Various

## TUESDAY

CHOOSE FROM

Somerset cheddar cheese  
and tomato quesadilla with  
diced potatoes  

Chicken Katsu curry with  
a blend of brown and  
white rice 

ON THE SIDE

Vegetables of the  
day or salad

TO FINISH

Various

## WEDNESDAY

CHOOSE FROM

Handmade margherita  
pizza  

Ham carbonara with  
penne pasta

ON THE SIDE

Vegetables of the  
day or salad

TO FINISH

Various

## THURSDAY

CHOOSE FROM

Quorn and leek crown  

Roast chicken and  
Yorkshire pudding

ON THE SIDE

Roast potatoes, gravy and  
vegetables of the day

TO FINISH

Various

## FRIDAY

CHOOSE FROM

Plant-based burger in  
a bap with cheese  
and chips  

Bake omega 3 fillet fish  
fingers and chips

ON THE SIDE

Vegetables of the day  
or salad

TO FINISH

Various 

### FARM TO FORK

We support British farming  
and are committed to full  
traceability in every meal  
we serve. Find out more  
about our suppliers on  
our [website](#)

### FOLLOW OUR CONVERSATION

 @hc3seducation

 @hc3s6

# WEEK 3 MENU

WEEK STARTING

**29**  
APR

**20**  
MAY

**17**  
JUN

**8**  
JUL

**2**  
SEP


**23**  
SEP

**14**  
OCT

## MONDAY

### CHOOSE FROM

Somerset cheddar cheese, onion and potato pasta 

Chicken nuggets with diced potatoes 

### ON THE SIDE


Vegetables of the day or salad

### TO FINISH

Various

## TUESDAY

### CHOOSE FROM

Plant-based sausage hotdog with diced potatoes 

Chicken curry with a blend of brown and white rice

### ON THE SIDE

Vegetables of the day or salad


### TO FINISH

Various

## WEDNESDAY

### CHOOSE FROM

Handmade margherita pizza 

Beef bolognaise pasta bake 

### ON THE SIDE


Vegetables of the day or salad

### TO FINISH

Various

## THURSDAY

### CHOOSE FROM

Quorn pieces in a Yorkshire pudding 

Sliced gammon and Yorkshire pudding

### ON THE SIDE


Roast potatoes, gravy and vegetables of the day

### TO FINISH

Various

## FRIDAY

### CHOOSE FROM

Somerset cheddar cheese and potato frittata 

Bake omega 3 fillet fish fingers and chips

### ON THE SIDE

Vegetables of the day or salad

### TO FINISH

Various



**Click to  
download**  
our picture menu  
resources.



# YOUR SCHOOL MENU CALENDAR

WEEK 1

WEEK 2

WEEK 3

APRIL 2024

Su	Mo	Tu	We	Th	Fr	Sa
	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				

MAY 2024

Su	Mo	Tu	We	Th	Fr	Sa
			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	

JUNE 2024

Su	Mo	Tu	We	Th	Fr	Sa
						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						

JULY 2024

Su	Mo	Tu	We	Th	Fr	Sa
	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			

SEPTEMBER 2024

Su	Mo	Tu	We	Th	Fr	Sa
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					

OCTOBER 2024

Su	Mo	Tu	We	Th	Fr	Sa
		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		

“ We always say that you learn better on a full stomach, so my daughter always finishes her school lunch. She absolutely loves them!

Parent comment 2024

