



# 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

Freshly baked chocolate shortbread biscuit

## 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

Fruit and jelly

## WEDNESDAY

CHOOSE FROM

Handmade margherita pizza 

Bubble salmon with crinkle cut wedges

ON THE SIDE

Vegetables of the day or salad

TO FINISH

Banana cake

## THURSDAY

CHOOSE FROM

Vegetable wellington 

Sliced beef and Yorkshire pudding

ON THE SIDE

Roast potatoes, gravy and vegetables of the day

TO FINISH

Chocolate sponge cake

## 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

Jam and coconut sponge cake



 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

Freshly baked shortbread  
biscuit

## 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

Fresh fruit wedges

## WEDNESDAY

CHOOSE FROM

Handmade margherita  
pizza  

Ham carbonara with  
penne pasta

ON THE SIDE

Vegetables of the  
day or salad

TO FINISH

Apple sponge cake

## 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

Marble sponge cake

## 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

Chocolate brownie 

## 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

Freshly baked marble shortbread biscuit

## 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

Apple crumble

## WEDNESDAY

### CHOOSE FROM

Handmade margherita pizza 

Beef bolognaise pasta bake 

### ON THE SIDE

Vegetables of the day or salad

### TO FINISH

Chocolate banana cake

## 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

Lemon drizzle cake

## 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

Flapjack



**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

