

# WEEK 3

## WEEK STARTING:

November 18

December 9

January 13

February 3

March 2

March 23

Daily selection of alternative desserts; Banana, apple, orange, yoghurt, fruit pot, cheese and biscuits or fruit juice



## TUESDAY

### CHOOSE FROM

Chicken Korma with brown and white rice and Naan style bread

- ✓ Quorn nuggets, roast potatoes and gravy

### VEGETABLE OF THE DAY

Served with cauliflower, carrots and green beans

### TO FINISH

Winter apple crumble slice

## THURSDAY

### CHOOSE FROM

- Roast chicken, roast potatoes and gravy

- ✓ Roasted vegetable pasta bake with garlic bread finger

### VEGETABLE OF THE DAY

Served with green beans or carrots

### TO FINISH

Shortbread

## MONDAY

### CHOOSE FROM

Pork sausages with mashed potato  
Vegetable burrito

- ✓ VEGETABLE OF THE DAY

Served with baked beans

### TO FINISH

Oaty Cookie

## WEDNESDAY

### CHOOSE FROM

- Bubble salmon with potato wedges

- ✓ Margherita pizza with potato wedges

### VEGETABLE OF THE DAY

Served with garden peas and sweetcorn

### TO FINISH

Carrot cake

## FRIDAY

### CHOOSE FROM

Baked fish fingers with tomato sauce

- ✓ Mexican bean pasty with tomato sauce

### VEGETABLE OF THE DAY

Served with chips and garden peas

### TO FINISH

Ice cream or fruit smoothie

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