## FOOD FLOURISH

Education Catering
$15^{\text {th }}$ April, $3^{\text {rd }}$ June, $2^{\text {th }}$ June, $15^{\text {th }}$ July, $9^{\text {th }}$ September, $30^{\text {th }}$ September, $21^{\text {st }}$ October

## Veg



Meat-free option
Tomato pasta (V)
On the side
Vegetables of the day or salad


Meat option
Chicken fajita with a blend of brown and white rice On the side

## FOOD то FLOURISH

## TUESDAY WEEK 1



Meat-free option
Sweet potato and lentil curry with a blend of brown and white rice $(\mathrm{Vg})$
On the side
Vegetables of the day or salad


Meat option
Choose from
Pork sausages with mashed potato and gravy On the side
Vegetables of the day or salad


Meat-free option
Margherita pizza (V)
On the side
Vegetables of the day or salad


Meat option
Bubble salmon and crinkle cut wedges
On the side
Vegetables of the day or salad


Meat-free option
Vegetable wellington ( Vg )
On the side
Roast potatoes, vegetables of the day and gravy


Meat option
Sliced beef and Yorkshire pudding On the side
Roast potatoes, vegetables of the day and gravy


Meat-free option
Roasted vegetable lasagne (V)
On the side
Vegetables of the day or salad

## Meat



Meat option
Baked fish and chips
On the side
Vegetables of the day or salad

## MONDAY WEEK 2



Meat-free option 1
Vegetarian sausage roll and mashed potato (V) On the side
Vegetables of the day or salad


Meat-free option 2
Macaroni cheese with Somerset cheddar (V)
On the side
Vegetables of the day or salad

## FOOD FLOURISH

## TUESDAY WEEK 2

 $23^{\text {rd }}$ July, $17^{\text {th }}$ September, $8^{\text {th }}$ October

Meat-free option
Somerset cheddar cheese and tomato quesadilla and diced potatoes (V) On the side
Vegetables of the day or salad


Meat option
Chicken Katsu curry with a blend of brown and white rice
On the side
Vegetables of the day or salad
$24^{\text {th }}$ April, $15^{\text {th }}$ May, $12^{\text {th }}$ June, $3^{\text {rd }}$ July, $18^{\text {th }}$ September, $9^{\text {th }}$ October


Meat-free option
Margherita pizza (V)
On the side
Vegetables of the day or salad

## Meat



Meat option
Ham carbonara with penne pasta On the side
Vegetables of the day or salad


## Veg



Meat-free option
Quorn and leek crown (V)
On the side
Roast potatoes, vegetables of the day and gravy


Meat option
Roast Chicken and Yorkshire pudding
On the side

Education Catering

## FRIDAY WEEK 2

$26^{\text {th }}$ April, $17^{\text {th }}$ May, $14^{\text {th }}$ June, $5^{\text {th }}$ July, $20^{\text {th }}$ September, $11^{\text {th }}$ October


Meat-free option
Plant-based burger in a bap with cheese and chips (V)
On the side
Vegetables of the day or salad


Meat option
Chicken grill in a bap
Served with vegetables of the day or salad


Meat-free option
Somerset cheddar cheese, onion and potato pasty (V) On the side
Vegetables of the day or salad

## Meat



Meat option
Chicken nuggets with diced potatoes
On the side
Vegetables of the day or salad

## FOOD то FLOURISH <br> Hampshire County Council

## TUESDAY WEEK 3

$30^{\text {th }}$ April, $21^{\text {st }}$ May, $18^{\text {th }}$ June, $9^{\text {th }}$ July, 3rd September, $24^{\text {th }}$ September, $15^{\text {th }}$ October


Meat-free option
Choose from
Plant-based sausage hotdog and diced potatoes ( Vg )
On the side
Vegetables of the day or salad


Meat option
Chicken curry with a blend of brown and white rice On the side


## Veg



Meat-free option
Margherita pizza (V)
On the side
Vegetables of the day or salad


Meat option
Beef bolognaise pasta bake
On the side
Vegetables of the day or salad

## FOOD то FLOURISH

## THURSDAY WEEK 3

Education Catering
$2^{\text {nd }}$ May, $23^{\text {rd }}$ May, $20^{\text {th }}$ June, $11^{\text {th }}$ July, $5^{\text {th }}$ September, $26^{\text {th }}$ September, 17 ${ }^{\text {th }}$ October


Meat-free option
Quorn pieces in a Yorkshire pudding (V) On the side
Roast potatoes, vegetables of the day and gravy

## Meat



Meat option
Sliced gammon and Yorkshire pudding
On the side
Roast potatoes, vegetables of the day and gravy

## FOOD то $^{\text {T }}$ FLOURISH

## FRIDAY WEEK 3



Meat-free option
Choose from
Somerset cheddar cheese and potato frittata (V)
On the side
Vegetables of the day or salad


Meat option
Baked fish fingers and chips

