



# Hampton School Lunch Menu Week 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>SOUP STATION</b>	Soup of the Day Home Baked Bread Croutons, Seeds & Chilli	Soup of the Day Home Baked Bread Croutons, Seeds & Chilli	Soup of the Day Home Baked Bread Croutons, Seeds & Chilli	Soup of the Day Home Baked Bread Croutons, Seeds & Chilli	Soup of the Day Home Baked Bread Croutons, Seeds & Chilli
<b>MAIN COURSE DISH ONE</b>	Pork Sausages with Onion Gravy	Lamb Ragout Tomato Sauce	<u>Caribbean Day</u> Caribbean Beef stew	British Roast Chicken Leg with Sage and Onion Stuffing	Battered Cod Tartare Sauce Lemon Wedge
<b>MAIN COURSE DISH TWO</b>	Individual Cheddar, Basil and Sun blushed Tomato Tart	Chicken in a Creamy Sauce (Chicken Pie Upstairs)	Jerk Style Hake	Beef and Root Vegetable Casserole	Build your own Hot Dog
<b>VEGETARIAN COURSE</b>	Vegetarian Sausages & Gravy	Lentil Mince Bolognaise	Caribbean Stewed Tomato and Beans	Quorn Roast with Sage and Onion Stuffing	Vegetarian Hot Dog
<b>CONDIMENTS</b>	Wholegrain Mustard	Parmesan	Mango Salsa	Gravy, Bread Sauce	Onions, Bacon Bits, Jalapenos, Ketchup
<b>CARBOHYDRATES</b>	Smooth Mashed Potato	Fusilli Pasta, Garlic Bread	Rice and Peas	Roast Potatoes, Yorkshire Pudding	Fries
<b>VEGETABLES</b>	Minted Peas  Roasted Carrot and Seed Salad	Tomato and Basil Green Bean and Seed Salad	Sweetcorn  Mixed Spiced Beans	Steamed Carrots  Lentil salad	Baked Beans  Garden Peas
<b>SALAD BAR</b>	Mixed Leaves, Cucumber, Tomato, Sweetcorn Chef's Salads of the Day	Mixed Leaves, Cucumber, Tomato, Sweetcorn Chef's Salads of the Day	Mixed Leaves, Cucumber, Tomato, Sweetcorn Chef's Salads of the Day	Mixed Leaves, Cucumber, Tomato, Sweetcorn Chef's Salads of the Day	Mixed Leaves, Cucumber, Tomato, Sweetcorn Chef's Salads of the Day
<b>BAGUETTE BAR</b>	Filled Baguette Choices	Filled Baguette Choices	Filled Baguette Choices	Filled Baguette Choices	Filled Baguette Choices
<b>DESSERTS</b>	Selection of Cold Dessert Dairy Yoghurt Fresh Fruit Pear and Chocolate Crumble with Custard	Selection of Cold Dessert Dairy Yoghurt Fresh Fruit Sugar Free Carrot and Orange Cake	Selection of Jellies Dairy Yoghurt Fresh Fruit White Chocolate and Blueberry Muffin	Selection of Cold Dessert Dairy Yoghurt Fresh Fruit Chocolate Sponge, Custard	Selection of Cold Dessert Dairy Yoghurt Fresh Fruit Jam Doughnut

All menus are subject to late changes due to commodity supply & menu reviews



## Hampton School Lunch Menu Week 2

	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<b>SOUP STATION</b>	Soup of the Day Home Baked Bread Selection Croutons, Seeds & Chilli	Soup of the Day Home Baked Bread Selection Croutons, Seeds & Chilli	Soup of the Day Home Baked Bread Selection Croutons, Seeds & Chilli	Soup of the Day Home Baked Bread Selection Croutons, Seeds & Chilli	Soup of the Day Home Baked Bread Selection Croutons, Seeds & Chilli
<b>MAIN COURSE DISH ONE</b>	Sweet Potato and Cauliflower Curry	Spanish spiced Chicken Thighs Tomato and Basil Sauce	<u>Nordic Day</u> Beef Meatballs in a creamy gravy	Sausage, Herb and Tomato Casserole	Breaded Cod Tartare Sauce Lemon Wedge
<b>MAIN COURSE DISH TWO</b>	Quorn Chilli	Macaroni Cheese with Bacon and Leek	Nordic Fishcakes	Seafood, Tomato and Olive	Chicken Kiev
<b>VEGETARIAN COURSE</b>	Sweet Potato Falafel	Macaroni Cheese	Quorn Meatballs in a creamy gravy	Quorn Nuggets	Vegetable Kiev
<b>CONDIMENTS</b>	Tomato Salsa	Parmesan	Cranberry Sauce	English Mustard	Ketchup
<b>CARBOHYDRATES</b>	Steamed Rice	Penne Pasta, Garlic Bread	Mash	Fusilli Pasta, Garlic Bread	Fries
<b>HOT VEGETABLES</b>	Peas Saag Aloo Gobi	Roasted Courgette and Aubergine Sweetcorn and Peppers	Cucumber, potato and dill salad Carrots and Parsley	Broccoli  Roast Parsnip	Baked Beans Garden Peas
<b>SALAD BAR</b>	Mixed Leaves, Cucumber, Tomato, Sweetcorn Chef's Salads of the Day	Mixed Leaves, Cucumber, Tomato, Sweetcorn Chef's Salads of the Day	Mixed Leaves, Cucumber, Tomato, Sweetcorn Chef's Salads of the Day	Mixed Leaves, Cucumber, Tomato, Sweetcorn Chef's Salads of the Day	Mixed Leaves, Cucumber, Tomato, Sweetcorn Chef's Salads of the Day
<b>BAGUETTE BAR</b>	Filled Baguette Choices	Filled Baguette Choices	Filled Baguette Choices	Filled Baguette Choices	Filled Baguette Choices
<b>DESSERTS</b>	Selection of Cold Dessert Dairy Yoghurt Fresh Fruit Peach and Raspberry Crumble with Custard	Selection of Cold Dessert Dairy Yoghurt Fresh Fruit Sugar Free Chocolate Brownie with Chocolate Sauce	Selection of Cold Dessert Dairy Yoghurt Fresh Fruit Make your own Fruit Salad	Selection of Cold Dessert Dairy Yoghurt Fresh Fruit Sticky Toffee Pudding, Toffee Custard	Selection of Cold Dessert Dairy Yoghurt Fresh Fruit Choc Ice

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## Hampton School Lunch Menu Week 3

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>SOUP STATION</b>	Soup of the Day Home Baked Bread Selection Croutons, Seeds & Chilli	Soup of the Day Home Baked Bread Selection Croutons, Seeds & Chilli	Soup of the Day Home Baked Bread Selection Croutons, Seeds & Chilli	Soup of the Day Home Baked Bread Selection Croutons, Seeds & Chilli	Soup of the Day Home Baked Bread Selection Croutons, Seeds & Chilli
<b>MAIN COURSE DISH ONE</b>	Katzu Chicken	Beef Bolognaise Tomato and Sauce	<u>Indian Day</u> Chicken Tikka Masala	Barbecue Chicken skewer	Battered Cod Tartare Sauce Lemon Wedge
<b>MAIN COURSE DISH TWO</b>	Mackerel Fillet with Lemon, Ginger and Coriander	Chicken and Chorizo Paella	Lamb Bhuna Gosht	Lamb and Apricot Tagine	Build your own Beef Burger
<b>VEGETARIAN COURSE</b>	Giant Spring Roll	Vegetable Paella	Indian Potato, Chickpea and Tomato Rogan josh	Vegan Cottage Pie	Build your own Bean Burger
<b>CONDIMENTS</b>	Sweet Chilli, Soy Sauce	Parmesan	Mango chutney Mini Poppadoms	Barbecue Sauce	Cheese, Onions, Tartare Sauce, Ketchup
<b>CARBOHYDRATES</b>	Steamed Rice	Penne Pasta, Garlic Bread	Pilau Rice	Diced Herby Potatoes	Chunky Chips
<b>HOT VEGETABLE</b>	Broccoli and Bean Salad	Mixed Green Vegetables	Carrot, Coriander and Tomato Salad	Green Beans	Baked Beans
<b>COLD VEGETABLE</b>	Sweetcorn	Mediterranean Salad	Lentil Dal	Cauliflower and Leek	Garden Peas
<b>SALAD BAR</b>	Mixed Leaves, Cucumber, Tomato, Sweetcorn Chef's Salads of the Day	Mixed Leaves, Cucumber, Tomato, Sweetcorn Chef's Salads of the Day	Mixed Leaves, Cucumber, Tomato, Sweetcorn Chef's Salads of the Day	Mixed Leaves, Cucumber, Tomato, Sweetcorn Chef's Salads of the Day	Mixed Leaves, Cucumber, Tomato, Sweetcorn Chef's Salads of the Day
<b>BAGUETTE BAR</b>	Filled Baguette Choices	Filled Baguette Choices	Filled Baguette Choices	Filled Baguette Choices	Filled Baguette Choices
<b>DESSERTS</b>	Selection of Cold Dessert Dairy Yoghurt Fresh Fruit Toffee Apple Crumble with Custard	Selection of Cold Dessert Dairy Yoghurt Fresh Fruit Reduced Sugar Lemon and Blueberry Drizzle	Selection of Cold Dessert Dairy Yoghurt Fresh Fruit Make your own Fruit Salad	Selection of Cold Dessert Dairy Yoghurt Fresh Fruit Marble Sponge, Custard	Selection of Cold Dessert Dairy Yoghurt Fresh Fruit Triple Choc Cookie

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