



Hampton School Lunch Menu Week 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP STATION	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
MAIN COURSE DISH ONE	Pork Sausages with Onion Gravy	Chicken in a Cream and Chive Sauce Tomato Sauce	<u>Mexican Day</u> Turkey Chilli Nachos, Monterey Jack Cheese Sauce	Sausage, Herb and Tomato Casserole	Battered Cod Fillet Tartare Sauce Lemon Wedge
MAIN COURSE DISH TWO	Lambs Liver and Bacon	Ham Hock, Sun Blushed Tomato and Onion Frittata	Fresh Salsa Baked Haddock Fillet	Minced Beef and Onion with Puff Pastry Lid	Urban Hot Dog
VEGETARIAN COURSE	Vegetarian Sausages & Gravy	Sweet Potato filled with Ratatouille and Feta	Mild Bean and Vegetable Chilli	Barbecue Quorn Strips	Vegetarian Urban Hot Dog
CONDIMENTS	Wholegrain Mustard	Parmesan	Salsa, Sour Cream	English Mustard	Chilli , Gherkins Tartare Sauce, Ketchup
CARBOHYDRATES	Smooth Mashed Potato	Fusilli Pasta, Garlic Bread	Mexican Green Rice	Steamed New Potatoes	Skinny Fries
VEGETABLES	Minted Peas Roasted Carrot and Parsley	Roast Parsnip Broccoli and Leeks	Sweetcorn Mexican Beans	Steamed Carrots Savoy Cabbage	Baked Beans Garden Peas
SALAD BAR	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
BAGUETTE BAR	Filled Baguette Choices	Filled Baguette Choices	Filled Baguette Choices	Filled Baguette Choices	Filled Baguette Choices
DESSERTS	Selection of Cold Dessert Dairy Yoghurt Fresh Fruit Apple, Pear and Cinnamon Crumble with Custard	Selection of Cold Dessert Dairy Yoghurt Fresh Fruit Dark Chocolate & Pumpkin Seed Flapjack	Selection of Jellies Yoghurt , Fresh Fruit White Chocolate and Blueberry Muffin and custard	Selection of Cold Dessert Dairy Yoghurt Fresh Fruit Chocolate and Berry Sponge with Chocolate 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

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP STATION	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
MAIN COURSE DISH ONE	Beef Meatballs in a Moroccan Style Sauce	Beef Bolognese Tomato and Basil Sauce	<u>Indian Day</u> Chicken Korma	Roast Chicken Leg with Sage and Onion Stuffing	Giant Fish Fingers Tartare Sauce Lemon Wedge
MAIN COURSE DISH TWO	Grilled Haddock with Baba Ghanoush	Pork Dijon with Peppers and Green Beans	Spiced Fishcake with Prawns	Beef Brisket and Root Vegetable Hot Pot	Turkey Burger in a Bun
VEGETARIAN COURSE	Lentil Moussaka	Roast Vegetable Lasagne	Squash and Coconut Korma	Quorn Roast with Sage and Onion Stuffing	Crispy Crumb Vegetable Burger in a Bun
CONDIMENTS	Harissa Yoghurt	Parmesan	Mango Chutney, Poppadom	Gravy, Bread Sauce	Tartare Sauce, Ketchup
CARBOHYDRATES	Turmeric Infused Rice	Penne Pasta, Garlic Bread	Pilau Rice	Roast Potatoes, Yorkshire Pudding	Curly Fries
HOT VEGETABLES	Macho Peas Sweetcorn & Peppers	Tomato Salad Beans in Salsa Sauce	Spinach with Garlic and Lentils Baby Corn with Cumin	Broccoli Carrot and Parsley	Baked Beans Garden Peas
SALAD BAR	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
BAGUETTE BAR	Filled Baguette Choices	Filled Baguette Choices	Filled Baguette Choices	Filled Baguette Choices	Filled Baguette Choices
DESSERTS	Selection of Cold Dessert Dairy Yoghurt Fresh Fruit Peach and Raspberry Crumble with Custard	Selection of Cold Dessert Dairy Yoghurt Fresh Fruit Chocolate Brownie with Chocolate Sauce	Selection of Cold Dessert Dairy Yoghurt Fresh Fruit Corn Flake Tart and Custard	Selection of Cold Dessert Dairy Yoghurt Fresh Fruit Old Skool Spotted Dick with 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
SOUP STATION	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
MAIN COURSE DISH ONE	Chicken in Sweet and Sour Sauce	Turkey Meatballs Tomato and Peppers Sauce	<u>Tex Mex Day</u> Cowboy Chilli con Carne	Chicken Thighs in Barbecue Sauce	Battered Cod Fillet Tartare Sauce Lemon Wedge
MAIN COURSE DISH TWO	Haddock Fillet with Lemon, Ginger and Coriander	Seafood Risotto	Pulled Pork Gumbo	Fish Cakes with Fresh Tomato Salsa	Chicken Kiev
VEGETARIAN COURSE	Vegetables in Sweet and Sour Sauce	Goats Cheese, Pea and Mint Risotto	Sweet Potato, Peppper and Black Bean Gumbo	Vegan Cottage Pie	Southern Fried Quorn
CONDIMENTS	Sweet Chilli, Soy Sauce	Parmesan	Tabasco	English Mustard	Tartare Sauce, Ketchup, Barbecue
CARBOHYDRATES	Noodles	Penne Pasta, Garlic Bread	Jambalaya Rice	Diced Herbed Potatoes	Chunky Chips
HOT VEGETABLE	Stir Fry Vegetables	Mixed Green Vegetables	Tomato and Herb Salad	Green Beans	Baked Beans
COLD VEGETABLE	Pak Choi and Chinese Leaf	Mediterranean Salad	Sweetcorn and Chilli	Braised Red Cabbage	Garden Peas
SALAD BAR	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
BAGUETTE BAR	Filled Baguette Choices	Filled Baguette Choices	Filled Baguette Choices	Filled Baguette Choices	Filled Baguette Choices
DESSERTS	Selection of Cold Dessert Dairy Yoghurt Fresh Fruit Rhubarb and Ginger Oaty Crumble with Custard	Selection of Cold Dessert Dairy Yoghurt Fresh Fruit Cinnamon and Sultana Granola Bar	Selection of Cold Dessert Dairy Yoghurt Fresh Fruit Sticky Toffee Pudding, Toffee Custard	Selection of Cold Dessert Dairy Yoghurt Fresh Fruit Jam Sponge and Custard	Selection of Cold Dessert Dairy Yoghurt Fresh Fruit Triple Choc Cookie

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