



# 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>	Chicken Sausages with Onion Gravy	Chicken in a Cream and Chive Sauce Tomato and Basil Sauce	<u>Mexican Day</u> Turkey Chilli Nachos, Monterey Jack Cheese Sauce	Sausage, Herb and Tomato Casserole	Battered Cod Fillet Tartare Sauce Lemon Wedge
<b>MAIN COURSE DISH TWO</b>	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
<b>VEGETARIAN COURSE</b>	Vegetarian Sausages & Gravy	Sweet Potato filled with Ratatouille and Feta	Mild Bean and Vegetable Chilli	Barbecue Quorn Strips	Vegetarian Urban Hot Dog
<b>CONDIMENTS</b>	Wholegrain Mustard	Parmesan	Salsa, Sour Cream	English Mustard	Chilli , Gherkins Tartare Sauce, Ketchup
<b>CARBOHYDRATES</b>	Smooth Mashed Potato	Fusilli Pasta, Garlic Bread	Mexican Green Rice	Steamed New Potatoes	Skinny Fries
<b>VEGETABLES</b>	Minted Peas  Roasted Carrot and Parsley	Roast Parsnip Broccoli and Leeks	Sweetcorn  Mexican Beans	Steamed Carrots Savoy Cabbage	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 Apple, Pear and Cinnamon Crumble with Custard	Selection of Cold Dessert Dairy Yoghurt Fresh Fruit Dark Chocolate & Pumpkin Seed Flapjack	Selection of Jellies Dairy Yoghurt Fresh Fruit Creamy Rice Pudding	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

	<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>	Beef Meatballs in a Moroccan Style Sauce	Beef Bolognaise Romana Sauce	<u>Indian Day</u> Chicken Korma	Roast Chicken Leg with Sage and Onion Stuffing	Giant Fish Fingers Tartare Sauce Lemon Wedge
<b>MAIN COURSE DISH TWO</b>	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
<b>VEGETARIAN COURSE</b>	Lentil Moussaka	Roast Vegetable Lasagne	Squash and Coconut Korma	Quorn Roast with Sage and Onion Stuffing	Crispy Crumb Vegetable Burger in a Bun
<b>CONDIMENTS</b>	Harissa Yoghurt	Parmesan	Mango Chutney, Poppadom	Gravy, Bread Sauce	Tartare Sauce, Ketchup
<b>CARBOHYDRATES</b>	Turmeric Infused Giant Cous Cous	Penne Pasta, Garlic Bread	Pilau Rice	Roast Potatoes, Yorkshire Pudding	Curly Fries
<b>HOT VEGETABLES</b>	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
<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 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
<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>	Chicken in Sweet and Sour Sauce	Pork Meatballs Neapolitan Sauce	<u>Brazilian Day</u> Chicken Thighs in Lemon and Garlic (Frango Churrasco)	Cowboy Beef Chilli con Carne	Battered Cod Fillet Tartare Sauce Lemon Wedge
<b>MAIN COURSE DISH TWO</b>	Haddock Fillet with Lemon, Ginger and Coriander	Chorizo, Pea and Basil Risotto	Pulled Pork and Black Bean Feijoada	Creole Fish Cakes with Fresh Tomato Salsa	Chicken and Mushroom Pie
<b>VEGETARIAN COURSE</b>	Vegetables in Sweet and Sour Sauce	Goats Cheese, Pea and Mint Risotto	Sweet Potato, Peppper and Black Bean Feijoada	Vegan Cottage Pie	Southern Fried Quorn
<b>CONDIMENTS</b>	Sweet Chilli, Soy Sauce	Parmesan	Chimichurri	English Mustard	Tartare Sauce, Ketchup, Barbecue
<b>CARBOHYDRATES</b>	Noodles	Penne Pasta, Garlic Bread	Calabrese Potatoes	Steamed Rice	Chunky Chips
<b>HOT VEGETABLE</b>	Stir Fry Vegetables	Mixed Green Vegetables	Tomato and Herb Sweetcorn and Chilli	Green Beans Braised Red Cabbage	Baked Beans Garden Peas
<b>COLD VEGETABLE</b>	Pak Choi and Chinese Leaf	Mediterranean Salad			
<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 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, Dulce de Leche Sauce	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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