



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	Beef Meatballs Tomato Sauce	<u>Mexican Day</u> Beef Chilli Burrito	Roast Chicken Leg with Sage and Onion Stuffing	Fish Burger Tartare Sauce Lemon Wedge
MAIN COURSE DISH TWO	Cheddar, Basil and Sunblushed Tomato Frittata	Chicken in a Creamy Sauce (Pie Upstairs, Baked Sweet Potato)	Fresh Salsa Baked Haddock Fillet	Beef and Root Vegetable Casserole	Build your own Hot Dog
VEGETARIAN COURSE	Vegetarian Sausages & Gravy	Quorn Mince Bolognaise	Mild Bean and Vegetable Chilli Burrito	Quorn Roast with Sage and Onion Stuffing	Vegetarian Hot Dog
CONDIMENTS	Wholegrain Mustard	Parmesan	Salsa, Sour Cream, Guacamole	Gravy, Bread Sauce	Onions, Bacon Bits, Jalapenos, Ketchup
CARBOHYDRATES	Smooth Mashed Potato	Fusilli Pasta, Garlic Bread	Steamed Rice	Roast Potatoes, Yorkshire Pudding	Fries
VEGETABLES	Minted Peas Roasted Carrot and Parsley	Tomato and Basil Green Bean and Seed Salad	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 Pear and Chocolate Crumble with Custard	Selection of Cold Dessert Dairy Yoghurt Fresh Fruit Jam Sponge with Custard	Selection of Jellies Dairy Yoghurt Fresh Fruit White Chocolate and Blueberry Muffin	Selection of Cold Dessert Dairy Yoghurt Fresh Fruit Marble Sponge Custard	Selection of Cold Dessert Dairy Yoghurt Fresh Fruit Choc Chip Shortbread

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	Gammon Steak Parsley Sauce	Beef Bolognaise Tomato and Basil Sauce (Lasagne, Jackets Upstairs)	<u>Asian Day</u> Chicken Massaman	Sausage, Herb and Tomato Casserole	Breaded Plaice Tartare Sauce Lemon Wedge
MAIN COURSE DISH TWO	Grilled Mackerel Fillet, Beetroot and Horseradish	Macaroni Cheese with Chicken and Leek	Steamed Haddock, with Curry Sauce and Crispy Onions on the side	Seafood, Tomato and Olive	Build your own Beef Burger in a Bun
VEGETARIAN COURSE	Root Vegetable Gratin	Macaroni Cheese	Squash and Coconut Laksa	Herb and Tomato Quorn Strips	Spicy Bean Burger in a Bun
CONDIMENTS	Cranberry Sauce	Parmesan	Mango Chutney, Poppadom, Bhaji	English Mustard	Burger Sauce, Ketchup, Cheese, Onion Rings
CARBOHYDRATES	Smooth Mash	Penne Pasta, Garlic Bread	Pilau Rice	Fusilli Pasta, Garlic Bread	Curly Fries
HOT VEGETABLES	Peas Carrot and Dill	Tomato Salad Sweetcorn and Peppers	Aloo Gobi Tomato, Red Onion, Cucumber and Mint Salad	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 Make your own Fruit Salad	Selection of Cold Dessert Dairy Yoghurt Fresh Fruit Treacle Sponge 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	Thai Green Chicken Curry	Lamb and Rosemary Ragout Tomato and Sauce	<u>Caribbean Day</u> Jerk Style Chicken Kebabs	Minced Beef and Onion with Puff Pastry Lid	Battered Cod Tartare Sauce Lemon Wedge
MAIN COURSE DISH TWO	Haddock Fillet with Lemon, Ginger and Coriander	Chicken and Chorizo Paella	Steamed Mackerel, with Lime and Coriander or Chilli Sauce	Lamb and Apricot Tagine	Build your own Turkey Burger in a Bun
VEGETARIAN COURSE	Thai Red Vegetable Curry	Vegetable Paella	Sweet Potato and Kidney Bean Gumbo	Vegan Cottage Pie	Halloumi and Tomato Burger
CONDIMENTS	Sweet Chilli, Soy Sauce	Parmesan	Tomato and Pineapple Salsa	English Mustard	Tartare Sauce, Ketchup, Baconnaise
CARBOHYDRATES	Steamed Rice	Penne Pasta, Garlic Bread	Rice and Peas	New Potatoes	Chunky Chips
HOT VEGETABLE	Stir Fry Vegetables	Mixed Green Vegetables	Butternut Squash with Coconut and Chilli	Green Beans	Baked Beans
COLD VEGETABLE	Asian Style Slaw	Mediterranean Salad	Sweetcorn	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 Toffee Apple Crumble with Custard	Selection of Cold Dessert Dairy Yoghurt Fresh Fruit Pineapple Upside Cake with Maple syrup	Selection of Cold Dessert Dairy Yoghurt Fresh Fruit Sticky Toffee Pudding and Toffee Custard	Selection of Cold Dessert Dairy Yoghurt Fresh Fruit Iced Carrot Cake	Selection of Cold Dessert Dairy Yoghurt Fresh Fruit Triple Choc Cookie

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