



# 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	<u>Pasta and Sauce</u> Chicken Sauce Neapolitan Garlic Bread	Beef Fajita With tortilla	<u>Pasta and Sauce</u> Pork Sausage Neapolitan Garlic Bread	Breaded Cod Fillet Tartare Sauce Lemon Wedge
<b>MAIN COURSE DISH TWO</b>	Grilled Mackerel Fillet with Parsley, Lemon and Chilli Dressing	Minced Beef Cobbler	Salsa Baked Hoki Fillet	Chicken, Leek & Potato Pie with Puff Pastry lid	Chicken in a Bun
<b>VEGETARIAN COURSE</b>	Vegetarian Sausages & Gravy	Roast Mediterranean Vegetable & Feta Cheese Filo Parcel	Mild Bean and Vegetable Chilli Wrap with Salsa	Golden Vegetable Pie	Southern Style Quorn Fillet
<b>CARBOHYDRATES</b>	Mashed Potato	Roast New Potatoes	Rice	Included in dish	Chips
<b>VEGETABLES</b>	Roasted Beetroot Steamed Carrots	Roasted Parsnip Green Beans	Sweetcorn Mexican beans	Roast Swede & Carrot Spinach	Baked Beans Garden Peas
<b>SALAD BAR</b>	Chefs Composite Salads of the Day <b>Core Range Selection</b> Mixed Leaves, Cucumber, Tomato, Sweetcorn, Olives, Beetroot	Chefs Composite Salads of the Day <b>Core Range Selection</b> Mixed Leaves, Cucumber, Tomato, Sweetcorn, Olives, Beetroot	Chefs Composite Salads of the Day <b>Core Range Selection</b> Mixed Leaves, Cucumber, Tomato, Sweetcorn, Olives, Beetroot	Chefs Composite Salads of the Day <b>Core Range Selection</b> Mixed Leaves, Cucumber, Tomato, Sweetcorn, Olives, Beetroot	Chefs Composite Salads of the Day <b>Core Range Selection</b> Mixed Leaves, Cucumber, Tomato, Sweetcorn, Olives, Beetroot
<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 & Chocolate Crumble with Custard	Selection of Cold Dessert Dairy Yoghurt Fresh Fruit Blueberry & Pumpkin Seed Flapjack	Selection of Cold Dessert Dairy Yoghurt Fresh Fruit Lemon Drizzle Cake	Selection of Cold Dessert Dairy Yoghurt Fresh Fruit Chocolate Brownie	Selection of Cold Dessert Dairy Yoghurt Fresh Fruit Choc Ice



## Hampton School Lunch Menu Week 2

	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>	Piri Piri Chicken Kebab	<u>Pasta and Sauce</u> Italian beef meatballs Neapolitan Garlic Bread	Sweet and Sour Chicken	<u>Pasta and Sauce</u> Beef Bolognese Neapolitan Garlic Bread	Breaded Cod Fillet Tartare Sauce Lemon Wedge
<b>MAIN COURSE DISH TWO</b>	Grilled Hoki with Mediterranean Vegetables	Twice Baked Potato with Ham Hock	Thai Fishcake with Sweet Chilli Sauce	Smoked Paprika Lamb with Roast Peppers and Gnocchi	Pepperoni Pizza
<b>VEGETARIAN COURSE</b>	Cherry tomato and red onion flan	Twice Baked Potato with Cheese & Vegetables	Veg in black bean sauce	Vegetarian Wellington	Veggie Pizza
<b>CARBOHYDRATES</b>	Savoury Rice	Included in dish	Noodles	Steamed New potatoes	Chips
<b>VEGETABLES</b>	Sweetcorn & Peppers Macho peas	Boston Beans Steamed Carrots	Baby corn Soy Glazed Courgettes	Green Beans Steamed Carrots	Baked Beans Garden Peas
<b>SALAD BAR</b>	Chefs Composite Salads of the Day <b>Core Range Selection</b> Mixed Leaves, Cucumber, Tomato, Sweetcorn, Olives, Beetroot	Chefs Composite Salads of the Day <b>Core Range Selection</b> Mixed Leaves, Cucumber, Tomato, Sweetcorn, Olives, Beetroot	Chefs Composite Salads of the Day <b>Core Range Selection</b> Mixed Leaves, Cucumber, Tomato, Sweetcorn, Olives, Beetroot	Chefs Composite Salads of the Day <b>Core Range Selection</b> Mixed Leaves, Cucumber, Tomato, Sweetcorn, Olives, Beetroot	Chefs Composite Salads of the Day <b>Core Range Selection</b> Mixed Leaves, Cucumber, Tomato, Sweetcorn, Olives, Beetroot
<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 & Cherry Crumble	Selection of Cold Dessert Dairy Yoghurt Fresh Fruit Chocolate Flavoured Rice Pudding	Selection of Cold Dessert Dairy Yoghurt Fresh Fruit Carrot cake with vanilla frosting	Selection of Cold Dessert Dairy Yoghurt Fresh Fruit Sticky Toffee Pudding with 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 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>	Moroccan Turkey meat balls	<u>Pasta and Sauce</u> Beef Bolognese Neapolitan Garlic Bread	Spanish style Chicken Thighs	<u>Pasta and Sauce</u> Chicken Arrabiatta in Tomato Sauce Neapolitan	Breaded Cod Fillet Tartare Sauce Lemon Wedge
<b>MAIN COURSE DISH TWO</b>	Harissa Baked Hoki	Ham Hock & Red Pepper Frittata	Seafood Paella	Fish cakes with Guacamole	Beef Burger
<b>VEGETARIAN COURSE</b>	Vegetable Tagine	Mozzarella, Tomato & Basil Frittata	Vegetable Paella	Cheese & Onion Slice	Veggie Burger
<b>CARBOHYDRATES</b>	Cous cous	Sweet Potato wedges	Patatas Bravas	Steamed New Potatoes	Chips
<b>VEGETABLES</b>	Spinach Spiced Chickpeas	Green Beans Carrots	Gigantes Con Tomate Sweetcorn & Pepper	Curly Kale Green Beans	Baked Beans Garden Peas
<b>SALAD BAR</b>	Chefs Composite Salads of the Day <b>Core Range Selection</b> Mixed Leaves, Cucumber, Tomato, Sweetcorn, Olives, Beetroot	Chefs Composite Salads of the Day <b>Core Range Selection</b> Mixed Leaves, Cucumber, Tomato, Sweetcorn, Olives, Beetroot	Chefs Composite Salads of the Day <b>Core Range Selection</b> Mixed Leaves, Cucumber, Tomato, Sweetcorn, Olives, Beetroot	Chefs Composite Salads of the Day <b>Core Range Selection</b> Mixed Leaves, Cucumber, Tomato, Sweetcorn, Olives, Beetroot	Chefs Composite Salads of the Day <b>Core Range Selection</b> Mixed Leaves, Cucumber, Tomato, Sweetcorn, Olives, Beetroot
<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 Choc Chip Flapjack	Selection of Cold Dessert Dairy Yoghurt Fresh Fruit Jam Sponge with custard	Selection of Cold Dessert Dairy Yoghurt Fresh Fruit Salted Caramel Chocolate Brownie	Selection of Cold Dessert Dairy Yoghurt Fresh Fruit Cookies