



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 | <u>Pasta and Sauce</u> Chicken Sauce Neapolitan Garlic Bread | Beef Fajita With tortilla | <u>Pasta and Sauce</u> Sausage and bacon Neapolitan Garlic Bread | Breaded Cod Fillet Tartare Sauce Lemon Wedge |
| MAIN COURSE DISH TWO | Grilled Mackerel Fillet with Parsley, Lemon and Chilli Dressing | Minced Beef Cobbler | Salsa Baked Hoki Fillet | Chicken, Leek & Potato Pie with Puff Pastry lid | Southern Fried Chicken Fillet with Barbecue Sauce |
| VEGETARIAN COURSE | Vegetarian Sausages & Gravy | Roast Mediterranean Vegetable & Feta Cheese Filo Parcel | Mild Bean and Vegetable Chilli Wrap with Salsa | Golden Vegetable Pie | Quorn Southern Style Fillet |
| CARBOHYDRATES | Mashed Potato | Roast New Potatoes | Rice | Included in dish | Chips |
| VEGETABLES | Roasted Beetroot Steamed Carrots | Roasted Parsnip Green Beans | Sweetcorn Mexican beans | Roast Swede & Carrot Spinach | Baked Beans Garden Peas |
| SALAD BAR | Chefs Composite Salads of the Day Core Range Selection Mixed Leaves, Cucumber, Tomato, Sweetcorn, Olives, Beetroot | Chefs Composite Salads of the Day Core Range Selection Mixed Leaves, Cucumber, Tomato, Sweetcorn, Olives, Beetroot | Chefs Composite Salads of the Day Core Range Selection Mixed Leaves, Cucumber, Tomato, Sweetcorn, Olives, Beetroot | Chefs Composite Salads of the Day Core Range Selection Mixed Leaves, Cucumber, Tomato, Sweetcorn, Olives, Beetroot | Chefs Composite Salads of the Day Core Range Selection Mixed Leaves, Cucumber, Tomato, Sweetcorn, Olives, Beetroot |
| 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 & 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 |
|-----------------------------|--|--|--|--|--|
| 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 | 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 |
| MAIN COURSE DISH TWO | 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 |
| VEGETARIAN COURSE | Cherry tomato and red onion flan | Twice Baked Potato with Cheese & Vegetables | Veg in black bean sauce | Vegetarian Wellington | Veggie Pizza |
| CARBOHYDRATES | Savoury Rice | Included in dish | Noodles | Steamed New potatoes | Chips |
| VEGETABLES | Sweetcorn & Peppers Macho peas | Boston Beans Steamed Carrots | Baby corn Soy Glazed Courgettes | Green Beans Steamed Carrots | Baked Beans Garden Peas |
| SALAD BAR | Chefs Composite Salads of the Day Core Range Selection Mixed Leaves, Cucumber, Tomato, Sweetcorn, Olives, Beetroot | Chefs Composite Salads of the Day Core Range Selection Mixed Leaves, Cucumber, Tomato, Sweetcorn, Olives, Beetroot | Chefs Composite Salads of the Day Core Range Selection Mixed Leaves, Cucumber, Tomato, Sweetcorn, Olives, Beetroot | Chefs Composite Salads of the Day Core Range Selection Mixed Leaves, Cucumber, Tomato, Sweetcorn, Olives, Beetroot | Chefs Composite Salads of the Day Core Range Selection Mixed Leaves, Cucumber, Tomato, Sweetcorn, Olives, Beetroot |
| 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 & 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 |
|-----------------------------|---|---|---|---|---|
| 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 | 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 |
| MAIN COURSE DISH TWO | Harissa Baked Hoki | Ham Hock & Red Pepper Frittata | Seafood Paella | Fish cakes with Guacamole | Beef Burger |
| VEGETARIAN COURSE | Vegetable Tagine | Mozzarella, Tomato & Basil Frittata | Vegetable Paella | Cheese & Onion Slice | Veggie Burger |
| CARBOHYDRATES | Cous cous | Sweet Potato wedges | Patatas Bravas | Steamed New Potatoes | Chips |
| VEGETABLES | Spinach Spiced Chickpeas | Green Beans Carrots | Gigantes Con Tomate Sweetcorn & Pepper | Curly Kale Green Beans | Baked Beans Garden Peas |
| SALAD BAR | Chefs Composite Salads of the Day Core Range Selection Mixed Leaves, Cucumber, Tomato, Sweetcorn, Olives, Beetroot | Chefs Composite Salads of the Day Core Range Selection Mixed Leaves, Cucumber, Tomato, Sweetcorn, Olives, Beetroot | Chefs Composite Salads of the Day Core Range Selection Mixed Leaves, Cucumber, Tomato, Sweetcorn, Olives, Beetroot | Chefs Composite Salads of the Day Core Range Selection Mixed Leaves, Cucumber, Tomato, Sweetcorn, Olives, Beetroot | Chefs Composite Salads of the Day Core Range Selection Mixed Leaves, Cucumber, Tomato, Sweetcorn, Olives, Beetroot |
| 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 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 |