



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	Ham and Mushroom Carbonara Tomato Sauce	<u>Mexican Day</u> Turkey Chilli Nachos, Monterey Jack Cheese Sauce	Roast Chicken Leg with Sage and Onion Stuffing	Battered Cod Fillet Tartare Sauce Lemon Wedge
MAIN COURSE DISH TWO	Chorizo, Sun Blushed Tomato and Basil Frittata	Chicken in Arabiata Sauce	Fresh Salsa Baked Haddock Fillet	Beef Brisket and Root Vegetable Hot Pot	Pepperoni or Barbecue Chicken Pizza
VEGETARIAN COURSE	Vegetarian Sausages & Gravy	Leek, Broccoli and Peas in Cheese Sauce	Mild Bean and Vegetable Chilli	Quorn Roast with Sage and Onion Stuffing	Sweetcorn Pizza
CONDIMENTS	Wholegrain Mustard	Parmesan	Salsa, Sour Cream	Gravy, Bread Sauce	Tartare Sauce, Ketchup
CARBOHYDRATES	Smooth Mashed Potato	Fusilli Pasta, Garlic Bread	Mexican Green Rice	Roast Potatoes, Yorkshire Pudding	Skinny Fries
VEGETABLES	Minted Peas Roasted Carrot and Parsley	Roast Parsnip 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 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 White Chocolate and Blueberry Muffin	Selection of Cold Dessert Dairy Yoghurt Fresh Fruit Marble Sponge & 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 Swedish Style Sauce	Beef Bolognaise Tomato and Basil Sauce	<u>Indian Day</u> Chicken Korma	Sausage, Herb and Tomato Casserole	Breaded Plaice Tartare Sauce Lemon Wedge
MAIN COURSE DISH TWO	Grilled Mackerel Fillet, Dill Sour Cream	Creamy Chicken, Leek and Pea	Haddock Kedgeree	Seafood, Tomato and Olive	Beef Burger in a Bun
VEGETARIAN COURSE	Quorn Meatballs in a Swedish Style sauce	Roast Vegetable Lasagne	Squash and Coconut Korma	Herb and Tomato Quorn Strips	Spicy Bean Burger in a Bun
CONDIMENTS	Cranberry Sauce	Parmesan	Mango Chutney, Poppadom	English Mustard	Tartare Sauce, Ketchup
CARBOHYDRATES	Creamy 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 Toffee and Banana with Custard	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	Turkey Meatballs Tomato and Peppers Sauce	<u>Greek Day</u> Garlic and Rosemary Chicken Thighs	Minced Beef and Onion with Puff Pastry Lid	Battered Cod Fillet Tartare Sauce Lemon Wedge
MAIN COURSE DISH TWO	Haddock Fillet with Lemon, Ginger and Coriander	Chicken and Chorizo Risotto	Haddock with Lemon, Olives and Capers	Lamb and Apricot Tagine	Turkey Burger in a Bun
VEGETARIAN COURSE	Thai Red Vegetable Curry	Goats Cheese, Pea and Mint Risotto	Spinach, Leek and Feta Filo Pie	Vegan Cottage Pie	Southern Fried Quorn
CONDIMENTS	Sweet Chilli, Soy Sauce	Parmesan	Tsatziki	English Mustard	Tartare Sauce, Ketchup, Barbecue
CARBOHYDRATES	Steamed Rice	Penne Pasta, Garlic Bread	Herby Potatoes	New Potatoes	Chunky Chips
HOT VEGETABLE	Stir Fry Vegetables	Mixed Green Vegetables	Greek Salad with Spinach	Green Beans	Baked Beans
COLD VEGETABLE	Asian Style Slaw	Mediterranean Salad	Butterbeans in Tomato Sauce	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 Cinnamon and Sultana Granola Bar or Rice Pudding and Jam	Selection of Cold Dessert Dairy Yoghurt Fresh Fruit Sticky Toffee Pudding and Toffee Custard	Selection of Cold Dessert Dairy Yoghurt Fresh Fruit Spiced Fruit Sponge and Custard	Selection of Cold Dessert Dairy Yoghurt Fresh Fruit Triple Choc Cookie

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