



# 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> Creamy Chicken Sauce Tomato and Basil Garlic Bread	Beef Fajita With Tortilla	<u>Pasta and Sauce</u> Bolognese Neapolitan Garlic Bread	Breaded Cod Fillet Tartare Sauce Lemon Wedge
<b>MAIN COURSE DISH TWO</b>	Grilled Mackerel Fillet with Beetroot and Horseradish Dressing	Minced Beef and Root Vegetable Cobbler	Salsa Baked Haddock Fillet	Chicken, Broccoli & Potato Quiche	Chicken Kiev
<b>VEGETARIAN COURSE</b>	Vegetarian Sausages & Gravy	Feta, Spinach and Pea Filo Parcel	Mild Bean and Vegetable Fajita	Mushroom and Tarragon Quiche	Creamy Vegetable Kiev
<b>CONDIMENTS</b>	Wholegrain Mustard	Parmesan	Salsa	Parmesan	Tartare Sauce, Ketchup
<b>CARBOHYDRATES</b>	Smooth Mashed Potato	Rosemary Roast New Potatoes	Mexican Green Rice	New Potatoes with Mint	Curly Fries
<b>HOT VEGETABLE</b>	Minted Peas	Roasted Carrots with Chives	Sweetcorn	Spring Greens and Leek	Baked Beans Garden Peas
<b>COLD VEGETABLE</b>	Carrot and Seeds	Green Bean Salad	Mexican Beans	Chickpea, Lemon and Cumin Salad	
<b>SALAD BAR</b>	Composite Salads <b>Core Range Selection</b> Mixed Leaves, Cucumber, Tomato, Sweetcorn	Composite Salads <b>Core Range Selection</b> Mixed Leaves, Cucumber, Tomato, Sweetcorn	Composite Salads <b>Core Range Selection</b> Mixed Leaves, Cucumber, Tomato, Sweetcorn	Composite Salads <b>Core Range Selection</b> Mixed Leaves, Cucumber, Tomato, Sweetcorn	Composite Salads <b>Core Range Selection</b> Mixed Leaves, Cucumber, Tomato, Sweetcorn
<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, Strawberry & Chocolate Crumble with Custard	Selection of Cold Dessert Dairy Yoghurt Fresh Fruit Cranberry & Pumpkin Seed Flapjack	Selection of Cold Dessert Dairy Yoghurt Fresh Fruit Blueberry and White Chocolate Muffin	Selection of Cold Dessert Dairy Yoghurt Fresh Fruit Chocolate and Berry Sponge with Chocolate Custard	Selection of Cold Dessert Dairy Yoghurt Fresh Fruit Frozen Fruit Smoothie

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>	Middle Eastern Chicken Kebab	<u>Pasta and Sauce</u> Italian Beef Meatballs Romana	Jerk Chicken	Turkey Mince Chilli, Topped with Nachos and Cheese Sauce	Breaded Cod Fillet Tartare Sauce Lemon Wedge
<b>MAIN COURSE DISH TWO</b>	Grilled Haddock with Baba Ghanoush	Ham Hock, Mozzarella and Basil Aranchini	Fishcake with Hot Sauce	<u>Pasta and Sauce</u> Carbonara Tomato and Peppers Garlic Bread	Barbecue Chicken Pizza Or Peperoni Pizza
<b>VEGETARIAN COURSE</b>	Lentil Moussaka	Tomato, Mozzarella and Basil Bruschetta	Squash and Coconut Caribbean Curry	Mushroom and Pepper Stroganoff and Rice	Goats Cheese Red Onion Pizza
<b>CONDIMENTS</b>	Harissa Yoghurt	Parmesan	Pepper Sauce	Parmesan	Tartare Sauce, Ketchup
<b>CARBOHYDRATES</b>	Turmeric Infused Rice	Garlic Bread	Rice and Peas	Steamed New Potatoes	Chips
<b>HOT VEGETABLE</b>	Macho Peas	Fennel and Peas	Barbecue Beans	Green Beans	Baked Beans Garden Peas
<b>COLD VEGETABLE</b>	Sweetcorn & Peppers	Tomato and Red Onion Salad	Baby Corn Salad	Carrot Salad	
<b>SALAD BAR</b>	Composite Salads <b>Core Range Selection</b> Mixed Leaves, Cucumber, Tomato, Sweetcorn	Composite Salads <b>Core Range Selection</b> Mixed Leaves, Cucumber, Tomato, Sweetcorn	Composite Salads <b>Core Range Selection</b> Mixed Leaves, Cucumber, Tomato, Sweetcorn	Composite Salads <b>Core Range Selection</b> Mixed Leaves, Cucumber, Tomato, Sweetcorn	Composite Salads <b>Core Range Selection</b> Mixed Leaves, Cucumber, Tomato, Sweetcorn
<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 Broken Biscuit Cake	Selection of Cold Dessert Dairy Yoghurt Fresh Fruit Rice Pudding Crème Brulee	Selection of Cold Dessert Dairy Yoghurt Fresh Fruit Spiced Sultana Sponge with Lemon Cream	Selection of Cold Dessert Dairy Yoghurt Fresh Fruit Pineapple and Cherry Upside Down Cake	Selection of Cold Dessert Dairy Yoghurt Fresh Fruit Choc Ice

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## Hampton School Lunch Menu Week 3

	<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>	Szechuan Chinese Chicken	<u>Pasta and Sauce</u> Bolognese Neapolitan	Chicken Thighs in Lemon and Parsley	<u>Pasta and Sauce</u> Sausage and Herb Rustic Tomato Garlic Bread	Breaded Cod Fillet Tartare Sauce Lemon Wedge
<b>MAIN COURSE DISH TWO</b>	Haddock Fillet with Lemon, Ginger and Coriander	Ham Hock, Pea and Mint Risotto	Chicken and Chorizo Paella	Fish Cakes with Fresh Tomato Salsa	Grilled Beef Burger
<b>VEGETARIAN COURSE</b>	Tofu and Vegetables in Hoi Sin Sauce	Goats Cheese, Pea and Mint Risotto	Pepper and Onion Paella	Root Vegetable Gratin	Spiced Bean Burger
<b>CONDIMENTS</b>	Sweet Chilli, Soy Sauce	Parmesan	Salsa Verde	Parmesan	Tartare Sauce, Ketchup
<b>CARBOHYDRATES</b>	Noodles	Garlic Bread	Patatas Bravas	Steamed New Potatoes	Chips
<b>HOT VEGETABLE</b>	Stir Fry Vegetables	Mixed Green Vegetables	Gigantes Con Tomate	Green Beans	Baked Beans Garden Peas
<b>COLD VEGETABLE</b>	Asian Coleslaw	Carrot Salad	Sweetcorn & Pepper	Kale Salad	
<b>SALAD BAR</b>	Composite Salads <b>Core Range Selection</b> Mixed Leaves, Cucumber, Tomato, Sweetcorn	Composite Salads <b>Core Range Selection</b> Mixed Leaves, Cucumber, Tomato, Sweetcorn	Composite Salads <b>Core Range Selection</b> Mixed Leaves, Cucumber, Tomato, Sweetcorn	Composite Salads <b>Core Range Selection</b> Mixed Leaves, Cucumber, Tomato, Sweetcorn	Composite Salads <b>Core Range Selection</b> Mixed Leaves, Cucumber, Tomato, Sweetcorn
<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 Summer Fruit Clafoutis	Selection of Cold Dessert Dairy Yoghurt Fresh Fruit Choc Chip Flapjack	Selection of Cold Dessert Dairy Yoghurt Fresh Fruit White Chocolate Bread and Butter Pudding with Custard	Selection of Cold Dessert Dairy Yoghurt Fresh Fruit Salted Caramel Chocolate Brownie	Selection of Cold Dessert Dairy Yoghurt Fresh Fruit Cookies

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