



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	Beef Stew dumplings	Salsa Baked Hake 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	Stuffed Baked Potato with Mushroom, Leek & Cheese	Quorn Fillet
CARBOHYDRATES	Mashed Potato	Potato croquette	Rice	Included in dish	Chips
VEGETABLES	Roasted Beetroot Steamed Carrots	Roasted Parsnip Green Beans	Sweet corn 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 Vanilla Ice cream with chocolate sauce

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	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 Haddock with Mediterranean Vegetables	Pork Casserole With potato scone	Grilled Hoki Fillet with Soy & Ginger Dressing	Smoked Paprika Lamb with Roast Peppers and Gnocchi	Pepperoni Pizza
VEGETARIAN COURSE	Cherry tomato and red onion flan	Golden Vegetable Casserole with potato scone	Veg in black bean sauce	Vegetarian Wellington	Veggie Pizza
CARBOHYDRATES	Potato Wedges	Included in dish	Noodles	Steamed potatoes	Curly Fries
VEGETABLES	Corn on the cob Garden peas	Saute Cabbage Steamed Carrots	Baby corn Chinese stir fried veg	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 Rice Pudding & Chocolate Sauce	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	Morrocan 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	Ham and Cheese Croquette	Tuna and Red pepper Frittata	Seafood Paella	Fish cakes with tomato tapenade	Beef Burger
VEGETARIAN COURSE	Vegetable & Cheese Croquette	Stuffed Red and Yellow Peppers	Vegetable Paella	Veggie Pasty	Veggie Burger
CARBOHYDRATES	Cous cous	Sweet potato wedges	Patatas Bravas	Steamed potato	Chips
VEGETABLES	Spinach Sautéed Aubergine	Green Beans Carrots	Sautéed Leeks Broccoli	Cauliflower 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