

MENU WEEK 1



The Hampshire School
CHELSEA

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
DAILY SOUP FRESHLY BAKED BREAD	Tomato rasam soup	Broccoli soup	Parsnip soup	Celeriac soup	Pea and mint soup
VEGETARIAN OPTION	Roasted tomato, fresh basil penne pasta	Potato, chickpea and spinach Sag aloo	Mushroom and spinach roll	Creamy Leek , white bean and cheddar pot with a savoury crumble top	Beetroot and lentil burger in a floured bun
DISH OF THE DAY	Tuscan bean stew	Tandoori marinaded chicken Or Halal tandoori marinaded chicken with lemon wedge	Slow braised Beef & mushroom stew Or halal beef and mushroom stew with herb dumplings	Fish pie with creamed potato top	Beef burger Or halal beef burger in a floured bun
ON THE SIDE	Oven roasted vegetables Rosemary and garlic Potatoes Steamed carrots	Raita Naan bread basmati rice Spiced cauliflower Crunchy radish and tomato salad	Honey roasted carrots Crushed lemon & black pepper potatoes Garden peas	Cheddar mash Steamed kale Roasted beetroot Sweet corn	Chunky oven chips, Garden peas Baked beans Mac and cheese FRIDAY TREAT Apple and pear crumble Custard

SELECTION OF FRESH CUT FRUIT & YOGURT & A DAILY SALAD BAR

