

MENU WEEK 2



The Hampshire School
CHELSEA

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
DAILY SOUP FRESHLY BAKED BREAD	Beetroot and apple soup	Courgette soup	Sweet potato and coconut	Tomato and fresh basil	White bean soup
VEGETARIAN OPTION	Caramelised onion, leek and parmesan quiche	Vegetable lasagne	Stuffed aubergine, chick peas & minted feta	Quorn sausages	Sweet potato and cheddar croquette
DISH OF THE DAY	Butternut squash , black-eyed bean and vegetable casserole	Beef lasagne Or halal beef lasagne	Arabic chicken shawarma Or halal chicken shawarma	Cumberland sausages Or halal chicken sausages with red onion gravy	Lemon sole goujons Lemon wedge Tartare sauce
ON THE SIDE	Freshly prepared potato wedges Glazed carrots Steamed broccoli	Garlic butter flat bread Sauteed kale Roasted butter bean and cherry tomatoes	Crispy chick peas Cauliflower tabbouleh Pitta Tzatziki sauce Savoy cabbage	Creamy mash Peas & carrots Sauteed leeks	Chunky oven chips, Garden peas Baked beans FRIDAY TREAT Banoffee pie

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

