

MENU WEEK 1



The Hampshire School
CHELSEA

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
DAILY SOUP FRESHLY BAKED BREAD	Sweet pepper soup	Chunky vegetable and barley	Minestrone	Sweet potato and coconut	Tomato and herb
VEGETARIAN OPTION	Chunky tomato, fresh basil penne pasta	Vegetarian sausage with onion gravy	Quorn and vegetable bolognese	Butternut, chick pea and vegetable korma with Pilau rice	Tomato and cheese pizza
DISH OF THE DAY	Smoked bean chilli, braised rice, sour cream and nachos	Cumberland pork sausage, Or halal chicken sausage with onion gravy	Beef bolognese or halal beef bolognese with spaghetti pasta	Chicken Korma Or halal chicken tikka marsala with Pilau rice	Fillet cod fish fingers Lemon wedge Tartare sauce
ON THE SIDE	Sweet corn Cauliflower Rainbow Slaw	Mashed potatoes Carrots Peas	Garlic bread Green beans Ratatouille Tomato, fresh basil caprese	Naan bread, Steamed broccoli Sautéed courgettes Raita Mango chutney	Chunky oven chips, Garden peas Baked beans FRIDAY TREAT Apple and pear crumble Custard

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

