

# MENU WEEK 2



The Hampshire School  
CHELSEA

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>DAILY SOUP FRESHLY BAKED BREAD</b>	Pea and mint	Asian Broth	Jerusalem Artichoke	Tomato and fresh basil	Sweet potato and cumin
<b>VEGETARIAN OPTION</b>	Caramelised onion, leek and parmesan quiche	Tofu and Mushroom chow main	Red lentil and vegetable casserole with a herb dumpling	Cauliflower cheese and onion pithivier	Baked mushroom and mozzarella arancini balls
<b>DISH OF THE DAY</b>	Butternut squash , black-eyed bean and vegetable casserole	Five- spice pork Or halal chicken stir-fry with Egg fried rice	Roast chicken Or halal roast chicken, Sage and onion stuffing and a rich gravy	Beef and root vegetable hot pot Or halal beef stew with dumpling	Breaded fillet of cod Lemon wedge Tartare sauce
<b>ON THE SIDE</b>	Freshly prepared potato wedges Roasted beetroot Glazed carrots	Chinese garlic broccoli Stir-fry Chinese leaf with Pak choi & kale Rice Or egg noodles	Crispy roasted potatoes Roasted root vegetables Savoy cabbage	New potatoes Red cabbage Wilted spinach and chard	Chunky oven chips, Garden peas Baked beans  <b>FRIDAY TREAT</b> Lemon & white chocolate shortbread

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

