

The Hampshire School Chelsea Lunch Menu

WEEK 1

	“Meat Free” Monday	Tuesday	“Make it Mine” Wednesday	Thursday	“Sustainable” Friday
	Soup of the Day				
Main course	Pasta tomato sauce or cheese sauce	BBQ chicken legs	Lamb bolognaise Roasted vegetables Bolognaise	Spanish chicken	Fish finger or Battered fish
Main course 2	Pasta tomato sauce or cheese sauce	Red onion and goat cheese tart		Sweet Sticky Chilli Tofu	Vegetable wrap
On the Side	Garlic Bread Shards Maple Glazed Carrots Roasted Broccoli	Mixed Vegetables	Broccoli Garlic bread	Pak Choi Chinese Leaf Soy Marinated Egg Noodles	Chips and baked beans
Dessert	Whole fruit Yoghurt pot	Fresh fruit selection	Fresh fruit selection	Fresh fruit Marble sponge cake	Fresh fruit selection
Everyday	Fresh Fruit and Yoghurt				

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WEEK 2

	"Meat Free" Monday	Tuesday	"Make it Mine" Wednesday	Thursday	"Sustainable" Friday
	Soup of the Day				
Main course	Pasta tomato or Cheese sauce	Beef Bourguignon	Italian Pizza day	Lamb meat ball Pork meat ball	Fish finger Battered fish
Main course 2	Falafel	Meatless Meatloaf with a Provençal Sauce		Quorn balls or vegetable patties	Vegetable wellington
On the Side	Broccoli Garlic Bread	Mixed vegetable Roast vegetables	Mixed salad	Carrots and peas	chips Baked Beans
	Whole fruit Yoghurt pot	Fresh fruit selection	Fresh fruit selection	Apricot flapjack	Fresh fruit selection
Everyday	Fresh Fruit and Yoghurt				

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WEEK 3

	“Meat Free” Monday	Tuesday	“Make it Mine” Wednesday	Thursday	“Sustainable” Friday
	Soup of the Day				
Main course	Quorn bolognaise and pasta	Tandoori chicken leg	Cumberland sausage/chicken sausage Mashed potato and gravy	Chicken tagine	Beef burger
Main course 2	Pasta cheese sauce	Sundried Tomato, Pepper and Parmesan Frittata		Root vegetable and Lentil Hotpot	Mixed beans and butternut burger
On The Side	Broccoli Garlic bread	Panache vegetables	Peas	Turmeric couscous Carrots and cauliflower	chips Baked Beans
Dessert	Whole fruit Yoghurt pot	Fresh fruit selection	Fresh fruit selection	Fruit jelly	Mixed fruit cake
Everyday	Fresh Fruit and Yoghurt				