

MENU WEEK 3



The Hampshire School
CHELSEA

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
DAILY SOUP FRESHLY BAKED BREAD	Carrot and coriander	French onion	Cream of tomato	Cauliflower and cheddar	Mushroom
VEGETARIAN OPTION	Edamame and mixed beans in tomato, basil sauce on a bed of gnocchi	Vegan meat free sausage roll	Spelt, wild mushroom, spring onion, fresh thyme risotto	Soy and quinoa Wellington gravy	Freshly made bean burger, tomato relish In a bap
DISH OF THE DAY	Quorn mince bolognaise with penne pasta	Meat feast pizza	Jerk chicken or Halal jerk chicken Rice and peas	Beef and vegetable stew and dumpling	Beef burger or halal beef burger in a bap with tomato relish
ON THE SIDE	Fresh broccoli Garlic bread	Cajun potato wedges Baked beans	Cajun coleslaw Sweetcorn	Garlic roasted new potatoes Carrots, peas	Chunky oven chips Garden peas Baked beans FRIDAY TREAT Cranberry white chocolate flapjack

SELECTION OF FRESH CUT FRUIT & YOGURT

