

MENU WEEK 1



The Hampshire School
CHELSEA

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
DAILY SOUP FRESHLY BAKED BREAD	Lovage and lettuce soup	Curry cauliflower soup	Garden green soup	Tomato and sweet pepper soup	Sweet corn and potato chowder
VEGETARIAN OPTION	Mexican bean and salsa burrito	Potato and spinach Sag aloo	Vegetarian hot pot With a crushed herb potato topping	Tomato con tostada with chopped herbs and aioli	Beetroot and lentil burger in a bun
DISH OF THE DAY	Mac station with toppings	Tandoori marinated chicken or halal tandoori marinated chicken with a poppy seed naan	Beef casserole or halal beef casserole	Spanish chicken and red pepper paella or halal chicken paella	Fully loaded Beef burger or halal beef burger in a bun
ON THE SIDE	Cheese sauce Roasted sweet potato Salt and pepper cauliflower Mix peppers Toasted wholemeal bread crumbs Roasted veg and tomato sauce	Coriander chutney Wholemeal rice Spiced cauliflower Crunchy white radish and tomato salad	Braised cabbage Herb new potatoes Peas Runner beans	Steamed kale Baked plum tomato in garlic and fennel Green beans Broad beans	Chunky oven chips, Garden peas smoked cheese Mac and cheese FRIDAY TREAT Banana bread

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

