

MENU WEEK 2



The Hampshire School
CHELSEA

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
DAILY SOUP FRESHLY BAKED BREAD	Mexican tortilla soup	Courgette soup	Moroccan red lentil soup	Asian mushroom broth soup	white bean soup
VEGETARIAN OPTION	Banana skins Quesada	Vegetable lasagne	Baked aubergine with honey and turmeric yoghurt	home made cabbage and bean shoots spring roll with a Asian bbq dip	potato and pea cakes
DISH OF THE DAY	Mushroom and kidney beans chilli con carne	Beef lasagne or halal beef lasagne	Lamb kofta with crispy chick peas	Koran style sweet and sour bbq chicken or halal chicken with egg fried rice	Cod fish fingers with tartar and mushy peas
ON THE SIDE	Mexican whole grain rice Corn on the cobb with smoked paprika butter Sour cream Home made nachos	Roasted Garlic butter sourdough flat bread Kale Roasted Italian veg	Cauliflower tabbouleh Whole meal Pitta Tzatziki sauce Savoy cabbage	Peas Chinese leaf tossed in sesame oil Stir fry vegetables	Chunky oven chips, Peas Baked beans FRIDAY TREAT Pineapple flapjacks

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

