

MENU WEEK 3



The Hampshire School
CHELSEA

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
DAILY SOUP FRESHLY BAKED BREAD	watercress and pea	Sweet corn potage	Sweetheart cabbage soup	Cumin green spilt pea soup	Tomato and oregano
VEGETARIAN OPTION	Roasted potato skins topped with ratatouille	Aubergine katsu curry	Mushrooms and noodles bowls	Sweet potato falafels	Beetroot and mozzarella arancini
DISH OF THE DAY	Whole meal pasta station with toppings	Chicken katsu curry or halal chicken katsu curry	Crispy pork noddle bowl or crispy halal chicken noodle's bowl Served with shaved carrots and lime wedge	Grilled chicken thigh or halal chicken with tomato and chick pea tagine	Cheese, tomato and basil pizza or pepperoni and chicken pizza
ON THE SIDE	Roasted veg and tomato sauce Cheese sauces Mix peppers Sweet corn Butternut Sautéed leeks	Coconut rice Spring greens Red cabbage and apple slaw Green beans	Edamame beans Spring onions and cucumber Pad Thai sauce Shredded cabbage Bean shoots cooked in sweet soya	Pea and mint couscous Honey yoghurt Beetroot hummus Sumac carrots	Chunky oven chips Garden peas Baked beans FRIDAY TREAT White chocolate, raspberry bread and butter pudding

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

