

Hampton Pre Prep & Prep Lunch Menu Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday
Bread	Freshly Prepared Bread	Freshly Prepared Bread	Freshly Prepared Bread	Freshly Prepared Bread	Freshly Prepared Bread
Main Course	<u>Pre Prep</u> Roast Turkey <u>Prep</u> Pork Sausages	Beef Meatballs	Turkey Fajitas	Roast Gammon with Yorkshire Pudding, Gravy	Beef Burger in a Bun
Vegetarian	<u>Pre Prep</u> Roast Quorn <u>Prep</u> Meatfree Sausages	Vegan Meatless Balls	Sweet Potato Falafel	Vegetable and Quorn Cottage Pie, Yorkshire Pudding, Gravy	Vegan Balti Burger in a bun
Carbohydrates	Mashed Potatoes Gravy	Pasta Garlic Bread	Rice	Diced Potatoes	Chipped Potatoes
Vegetables	Peas Fresh Carrots	Fresh Cauliflower Fresh Broccoli	Sweetcorn Green Beans	Fresh Carrots Fresh Green Cabbage	Garden Peas Baked Beans
Dessert	Blackberry and Apple Crumble with Custard Fresh Fruit Yoghurt	Blueberry Muffin/Custard Fresh Fruit Yoghurt	Fruit Salad/ No Grapes, No Mango, No Blueberries Fresh Fruit Yoghurt	Chocolate Sponge/Custard Fresh Fruit Yoghurt	Orange and Mango Sorbet Fresh Fruit Yoghurt

All menus are subject to change

Hampton Pre Prep & Prep Lunch Menu Week 2

	Monday	Tuesday	Wednesday	Thursday	Friday
Bread	Freshly Prepared Bread	Freshly Prepared Bread	Freshly Prepared Bread	Freshly Prepared Bread	Freshly Prepared Bread
Main Course	Chicken Chow Mein	Vegan Sausage Roll	Pepperoni Pizza	Barbecue Chicken Breast Taco with Sour Cream & Guacamole	Fish and Chips
Vegetarian	Vegetable Chow Mein	Tomato Sauce	Cheese & Tomato Pizza	Vegetable Taco With Sour Cream & Guacamole	Quorn Nuggets
Carbohydrates	Egg Noodles	Penne Pasta	Jacket Potato	Wedges	Chips
Vegetables	Sweetcorn Stir Fry Broccoli	Fresh Cauliflower Mixed Vegetables	Green Beans Carrots	Mixed Salad Broccoli	Baked Beans Garden Peas
Dessert	Peach and Berry Crumble/Custard Fresh Fruit Yoghurt	Chocolate Brownie served with Chocolate Sauce Fresh Fruit Yoghurt	Fruit Salad/ No Grapes, No Mango, No Blueberries Fresh Fruit Yoghurt	Fruit Jelly Fresh Fruit Yoghurt	Choc Ice Cream Pot Fresh Fruit Yoghurt

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Hampton Pre Prep & Prep Lunch Menu Week 3

	Monday	Tuesday	Wednesday	Thursday	Friday
Bread	Freshly Prepared Bread	Freshly Prepared Bread	Freshly Prepared Bread	Freshly Prepared Bread	Freshly Prepared Bread
Main Course	Katsu Chicken	Beef Lasagne	Mild Chicken Curry	Turkey Escalope	Fish and Chips
Vegetarian	Vegetable Spring Roll	Vegetable Lasagne	Mild Chickpea Curry	Veggie Escalope	Southern Fried Quorn
Carbohydrates	Boiled Rice	Garlic Bread	Rice	Potato Wedges	Chunky Chips
Vegetables	Fresh Broccoli Sweetcorn	Mixed Salad Mixed Green Vegetables	Peas Sweetcorn Poppadoms (Chickpea) and Mango Chutney	Fresh Carrots Green Beans	Baked Beans Garden Peas
Dessert	Toffee Apple Crumble served with Custard Sauce Fresh Fruit Yoghurt	Eve's Pudding, Custard Fresh Fruit Yoghurt	Fruit Salad/ No Grapes, No Mango, No Blueberries Fresh Fruit Yoghurt	Fruity Jelly Fresh Fruit Yoghurt	Chocolate Cookie Fresh Fruit Yoghurt

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