

## Hampton Pre Prep & Prep Lunch Menu Week 1

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Bread</b>	Freshly Prepared Bread	Freshly Prepared Bread	Freshly Prepared Bread	Freshly Prepared Bread	Freshly Prepared Bread
<b>Main Course</b>	Oven Roasted Pork Sausages served with Gravy	Beef Meatballs	<u>Portuguese Day</u> Piri Piri Chicken	Roast Gammon with Yorkshire Pudding	Battered Cod Fillet with Lemon
<b>Vegetarian</b>	Oven Roasted Meatfree Sausages served with Gravy	Vegan Meatless Balls	Sweet Potato Falafel	Roasted Root Vegetables with Yorkshire Pudding	Southern Fried Quorn
<b>Carbohydrates</b>	Mashed Potatoes	Pasta Garlic Bread	Rice	Diced Potatoes	Chipped Potatoes
<b>Vegetables</b>	Sweetcorn Fresh Carrots	Fresh Cauliflower Fresh Broccoli	Peas Green Beans	Fresh Carrots Fresh Green Cabbage	Garden Peas Baked Beans
<b>Dessert</b>	Pear and Cinnamon Crumble Fresh Fruit Yoghurt	White Chocolate & Blueberry Muffin Fresh Fruit Yoghurt	Fruit Salad Fresh Fruit Yoghurt	Fruity Jelly Fresh Fruit Yoghurt	Orange and Mango Sorbet Fresh Fruit Yoghurt

All menus are subject to change

## Hampton Pre Prep & Prep Lunch Menu Week 2

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Bread</b>	Freshly Prepared Bread	Freshly Prepared Bread	Freshly Prepared Bread	Freshly Prepared Bread	Freshly Prepared Bread
<b>Main Course</b>	Sweet and Sour Chicken	<u>Low Carbon Day</u> Vegan Sausage Roll	<u>Pizza Day</u> Pepperoni Pizza	Barbecue Chicken Breast with Sour Cream & Guacamole	Battered Cod
<b>Vegetarian</b>	Vegetables in Black Bean sauce	Tomato Sauce	Cheese & Tomato Pizza	Vegetable Taco With Sour Cream & Guacamole	Vegan Burger
<b>Carbohydrates</b>	Noodles	Penne Pasta, Garlic Bread	Jacket Potato	Taco Shell	Fries
<b>Vegetables</b>	Steamed Carrots Stir Fry Broccoli	Fresh Cauliflower Mixed Vegetables	Carrots Sweetcorn	Mixed Salad Broccoli	Baked Beans Garden Peas
<b>Dessert</b>	Peach and Raspberry Crumble Fresh Fruit Yoghurt	Chocolate Brownie served with Chocolate Sauce Fresh Fruit Yoghurt	Fruit Salad Fresh Fruit Yoghurt	Sticky Toffee Pudding, toffee Sauce Fresh Fruit Yoghurt	Choc Ice Cream Pot Fresh Fruit Yoghurt

All menus are subject to change

## Hampton Pre Prep & Prep Lunch Menu Week 3

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Bread</b>	Freshly Prepared Bread	Freshly Prepared Bread	Freshly Prepared Bread	Freshly Prepared Bread	Freshly Prepared Bread
<b>Main Course</b>	Katsu Chicken	Beef Lasagne	<u>Indian day</u> Mild Chicken Curry	Turkey Escalope	Beef Burger in a Bun
<b>Vegetarian</b>	Vegetable Spring Roll	Vegetable Lasagne	Mild Chickpea Curry	Vegan Sausage casserole	Balti Burger in a Bun
<b>Carbohydrates</b>	Boiled Rice	Penne Pasta, Garlic Bread	Rice	Oven Baked jacket Wedges	Chunky Chips
<b>Vegetables</b>	Fresh Broccoli  Sweetcorn	Mediterranean Salad  Mixed Green Vegetables	Mixed Salad  Sweetcorn  Poppadoms (chickpea) and Mango Chutney	Fresh Carrots  Green Beans	Baked Beans  Garden Peas
<b>Dessert</b>	Toffee Apple Crumble served with Custard Sauce Fresh Fruit Yoghurt	Reduced sugar lemon and Blueberry Drizzle Cake Fresh Fruit Yoghurt	Fruit Salad Fresh Fruit Yoghurt	Fruity Jelly Fresh Fruit Yoghurt	Chocolate Cookie Fresh Fruit Yoghurt

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