

HAMPTON PRE-PREP & PREP & PREP



MONDAY

MAINS

Pork sausages HP

Grilled chicken HPP

Quorn sausage patties

SIDES

Mashed potato

Cabbage and Kale

Steamed carrots

DESSERTS

Apple crumble with custard

Yoghurt and fresh fruit

TUESDAY

MAINS

Beef bolognaise

Tomato pasta bake

SIDES

Garlic bread

Sweetcorn

Green beans

DESSERTS

Lemon syrup sponge with custard

Yoghurt and fresh fruit fruit

WEDNESDAY

MAINS

BBQ pork noodles

Veggie noodles

SIDES

Egg noodles

Stir fried vegetables

DESSERTS

Fruit salad

Yoghurt and fresh fruit

THURSDAY

MAINS

Buffalo chicken

Buffalo fried cauliflower

SIDES

Rice

Carrots

Sweetcorn

DESSERTS

Iced ginger cake

Yoghurt and fresh fruit

FRIDAY

MAINS

Battered fish

Quorn nuggets

SIDES

Mayo Chips

Peas Gherkins

Baked beans

Tartare sauce

DESSERTS

Crispy cake with white chocolate

Yoghurt and fresh fruit



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MONDAY

MAINS

Chicken Korma

Roasted Cauliflower & Chickpea Korma

SIDES

Steamed Rice

Fresh Broccoli

Diced Carrots

DESSERTS

Pear & Chocolate Crumble with Custard

Yoghurt & Fresh Fruit

TUESDAY

MAINS

Bacon Macaroni Cheese

Macaroni Cheese

SIDES

Cajun Potato Wedges

Garden peas

Roasted Beetroot

DESSERTS

Rice Pudding with Fruit Compote

Yoghurt & Fresh Fruit

WEDNESDAY

MAINS

Chicken Casserole PP

Sausage Casserole P

Gnocci

SIDES

Roasted Cauliflower

Mashed Potatoes

Honey Glazed Carrots

DESSERTS

Jam & Vanilla Sponge with Custard

Yoghurt & Fresh Fruit

THURSDAY

MAINS

Mexican Beef Chilli

Mixed Bean Chilli

SIDES

Mexican Rice

Tortilla Chips

Sweetcorn

Green Beans

DESSERTS

Chocolate Brownie

Yoghurt & Fresh Fruit

FRIDAY

MAINS

Catch of the Day

Quorn Nuggets

SIDES

Chipped

Potatoes

Baked Beans

Garden Peas

DESSERTS

Selection of Ice Creams with Toppers

Yoghurt & Fresh Fruit



HAMPTON PRE-PREP & PREP SCHOOL



MONDAY

MAINS

Katsu chicken

Aubergine Katsu

SIDES

Katsu sauce

Rice

Carrots

Pak choi and greens

DESSERTS

Apple and cinnamon crumble and custard

Yoghurt and fresh fruit

TUESDAY

MAINS

Beef cottage pie with crispy potato topping

Veggie cottage pie with crispy potato topping

SIDES

Crispy diced potatoes

Carrot and swede

Green beans

DESSERTS

Fruit Flapjack

Yoghurt and fresh fruit

WEDNESDAY

MAINS

Roast chicken breast

Lentil loaf

SIDES

Roasted potatoes

Yorkshire pudding

Roasted root vegetables

Peas

DESSERTS

Berry sponge with custard

Yoghurt and fresh fruit

THURSDAY

MAINS

Pork and chorizo ragu pasta

Four cheese ravioli with tomato sauce

SIDES

Broccoli

Sweetcorn

Garlic bread

DESSERTS

Fruit jelly

Yoghurt and fresh fruit

FRIDAY

MAINS

Beef Burger in a bun

Plant Burger in a bun

SIDES

Chips

Garden Peas

Baked beans

Ketchup

DESSERTS

Chocolate Cookies