

WEEK ONE

MAIN MEALS

MONDAY

All Day Breakfast

Vegetarian Sausage ^v

or

Pork Sausage and Bacon

served with hash browns, an omelette, baked beans, tomato, English muffin and toast.

TUESDAY

Savoury Rice ^{Vg}

braised rice featuring a selection of vegetables cooked in stock for flavour and a crusty baguette.

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Katsu Chicken Curry

served with a blend of brown and white rice.

WEDNESDAY

Roast Dinner

Vegetarian Roast of the Day ^v

or

Chicken or Beef

both served with roast potatoes, Yorkshire pudding, seasonable vegetables and gravy.

THURSDAY

Vegetarian Curry ^v

or

**Chicken Korma
Tikka Masala
Katsu**

both served with a blend of brown and white rice and a naan.

FRIDAY

Meat-Free Sausage Roll ^{Vg}

served with straight cut chips, baked beans or garden peas.

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Baked Battered Fish

served with straight cut chips, baked beans or garden peas.

LIGHTER CHOICE – AVAILABLE MONDAY TO FRIDAY

Jacket Potato – served plain or topped with baked beans and/or cheddar cheese.

Main Meals – subject to change without notice. ^v Vegetarian ^{Vg} Vegan



THE HAMBLE SCHOOL

ACHIEVING EXCELLENCE TOGETHER