

**HAMPSTEAD HILL SCHOOL MENU → MORNING SNACK, LUNCH AND AFTERNOON SNACK**

	LUNCH – WEEK 1	DESSERT	LUNCH – WEEK 2	MORNING SNACK	AFTERNOON TEA
MONDAY	Turkey casserole with brown rice and vegetables - peppers, carrots, courgettes and green beans.  <i>VEGETARIAN:</i> bean and vegetable casserole with rice and green beans	Apples	Chicken thighs with mashed potato and baked beans/garden peas.  <i>VEGETARIAN:</i> Falafels with mashed potato and baked beans/peas	Carrots and cucumber	Bananas
TUESDAY	Minced beef stew with <i>peas, carrots, onions, new potatoes</i> and broccoli.  <i>VEGETARIAN:</i> Quorn mince (contains egg) with vegetables as above, new potatoes and broccoli	Pears	GF spaghetti with beef bolognese sauce, onions, mushrooms and optional GF/DF Parmesan cheese  <i>VEGETARIAN:</i> GF spaghetti with tomato, onions, mushrooms and vegetable sauce + optional GF/DF Parmesan cheese	Melon	Satsumas
WEDNESDAY	Chicken thighs with vegetable brown rice - leeks, carrots, sweetcorn and green beans - optional vegetable gravy  <i>VEGETARIAN:</i> Falafels with vegetable brown rice and vegetables as above - optional vegetable gravy	Bananas	Chicken casserole with roast potatoes, onions, carrots, courgettes and broccoli.  <i>VEGETARIAN:</i> Bean and vegetable casserole, with roast potatoes and broccoli	Carrots and cucumber	Apples
THURSDAY	Cottage Pie - beef, onions, carrots, peas with sweet potato topping and broccoli.  <i>VEGETARIAN:</i> Vegetable ( <i>carrots, onions, peas, leeks, red peppers and celery</i> ) cottage pie with sweet potato topping and broccoli	Melon	Minced beef stew with <i>carrots, onions and corn, brown rice</i> and green beans.  <i>VEGETARIAN:</i> Quorn mince (contains egg) with vegetables as above, rice and green beans	Apples and raisins	Pears
FRIDAY	Lentil and vegetable soup – lentils, parsnips, celery, red peppers, garlic, carrots and tomatoes with homemade GF super sourdough rolls/bread	Satsumas	Fish Pie – fresh cod and salmon in a DF/GF cheese sauce – with mashed potato topping, leeks, peas and broccoli  <i>Vegan:</i> vegetable pie with mashed potatoes, peas, leeks and broccoli	Carrots and cucumber	Fruit rice cakes

Hampstead Hill School gained 'National Healthy School Status' several years ago. All lunches and snacks when relevant are prepared and cooked on site and wherever possible we use fresh, locally sourced organic produce. Where available frozen and packaged products contain 'no' added salt and/or sugar and are preservative and/or additive free.

ALL fresh meat, fresh fish, fresh fruit and vegetables are delivered daily.

GF = Gluten Free

DF = Dairy Free