



Compton School Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
Soup Station	Soup of the Day Served with chilli flakes, seeds & croutons	Soup of the Day Served with chilli flakes, seeds & croutons	Soup of the Day Served with chilli flakes, seeds & croutons	Soup of the Day Served with chilli flakes, seeds & croutons	Soup of the Day Served with chilli flakes, seeds & croutons
Main Meal of the Day	Lentil Bolognaise with Wholemeal Pasta and Fresh Rocket Or Cottage Pie	 Marinated chicken or Spicy Bean Burger in a bun (served with sides below).	Roast Turkey with New Potatoes and Gravy	 Chilli Beef or Pulled Pork or Mexican Vegetable Fajitas served with Mexican Rice, Taco or Soft Tortilla (served with sides below)	Battered Pollack with Lemon Wedge, Tartare Sauce and
			Cheese & Potato Pie with Tomato and Spinach		Spanish Omelette with Rocket and Red Pepper Salad and Homemade Potato Wedges
Sides	Green Beans Roasted Butternut Squash Fresh Mixed Salad	Green Beans Fresh Mixed Salad Garlic Bread Onion Rings Wedges Cajun Rice	Carrots Savoy Cabbage Fresh Mixed Salad	Sweetcorn Fresh Mixed Salad Nachos with cheese Mexican Slaw	Baked Beans Peas Fresh Mixed Salad
Hot Grab & Go	Bacon & Cheese Flat Bread	Vegetarian Chilli Burrito		BBQ Chicken Hot Wrap	Fish Finger Wrap
Pasta Kitchen	Pizza Market and Pasta Kitchen Jacket Potatoes to include Sweet potato option, beans & cold toppings	Pizza Market and Pasta Kitchen Jacket Potatoes to include Sweet potato option, beans & cold toppings	Pizza Market and Pasta Kitchen. Jacket Potatoes to include Sweet potato option, beans & cold toppings	Pizza Market and Pasta Kitchen Jacket Potatoes to include Sweet potato option, beans & cold toppings	Pizza Market and Pasta Kitchen Jacket Potatoes to include Sweet potato option, beans & cold toppings
	Chocolate and Mandarin Brownie	Bread and Butter Pudding with Custard	Banana Loaf	Wholemeal Peach Crumble with Custard	Pear Sponge with Custard

Fruit salad pots and a selection of seasonal fresh fruit served in peak condition, ripened and ready to eat. - Daily selection of Grab & Go also available
Some dishes may vary & are subject to availability