


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	Aubergine, Mushroom and Lentil Moussaka Or Ham, Cheese & Tomato Quiche with ½ Jacket Potato	Favourites Day ...where student's vote for the menu of the day from list of popular dishes.	Roast Gammon with Roasted New Potatoes and Gravy Or Roasted Vegetable and Butternut Squash Frittata	 Marinated Chicken pieces or Falafel & Hummus served in a Khobez wrap with tabbouleh & crunchy slaw. Add your sauce	Battered Pollack with Lemon Wedge, Tartar Sauce and Chipped Potatoes Or Chinese Mushroom and Black Bean Stir Fry with Egg Noodles
Sides	Roasted Carrots Peas Fresh Mixed Salad	Seasonal Vegetables or Fresh Mixed Salad	Cauliflower Green Beans Fresh Mixed Salad	Diced Herby potatoes Sweetcorn Fresh Mixed Salad	Peas Baked Beans Fresh Mixed Salad Curry sauce
Hot Grab & Go	Vegetarian Chilli Burrito	Piri piri Chicken Flat bread	Pizza Market and Pasta Kitchen	BBQ Sausage 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	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 Orange Sponge with Chocolate Sauce	Mixed Summer Fruit Crumble with Custard	Carrot Cake	Apple Strudel with Custard	Pineapple Loaf

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