

2015 Portsmouth -

Monday Tuesday Wednesday Thursday Friday

Dates week commencing		20/04, 11/05, 01/06, 22/06, 13/07, 01/09, 21/09, 12/10				
Meat/Fish	Sausages & Gravy served with Colcannon Mash	Beef Keema served with Rice	Roast Gammon & Gravy served with New or Roast Potatoes	Salmon & Pea Quiche served with Parsley Potatoes	Fish Fingers served with Chips	
Vegetarian	Vegetable & Chickpea Rice	Baked Bean & Cheese Pasta Bake	Vegetable Puff & Gravy served with New or Roast Potatoes	50/50 Margherita Pizza	Vegetarian Burger in a Bun served with Salad & Chips	
Additional Option	Tuna & Sweetcorn Mayonnaise Roll	Cheese & Tomato Focaccia Toastie	Baked Mozzarella, Tomato & Basil Melt	Egg & Cress Baguette	Sticky Chicken Wrap	
Vegetables	Peas Sweetcorn	Carrots Cauliflower	Leeks Spring Green Cabbage	Broccoli Summer 'Slaw	Peas Baked Beans	
Dessert of the day	Pineapple & Coconut Crumble & Custard	Fruit Salad & Ice Cream	Chocolate Cake & Chocolate Sauce	Banana Flapjack	Italian Cream Cheese Cookie	
Dates week commencing		27/04, 18/05, 08/06, 29/06, 20/07, 07/09, 28/09, 19/10				
Meat/Fish	Mexican Chilli served with Rice	Chicken Chow Mein	Roast Turkey & Gravy served with New or Roast Potatoes	Chicken & Cheesy Mash Topped Pie	Fish Fingers served with Chips	
Vegetarian	Macaroni Cheese	Cheese & Tomato Puff served with Crushed Potatoes	Summer Vegetable Quiche served with Roast or Boiled Potatoes	50/50 Margherita Pizza	Vegetable Nuggets served with Chips & Cajun Mayonnaise	
Additional Option	Chicken Mayonnaise Roll	Pulled BBQ Turkey Bap	Tuba Mayonnaise & Salad Sandwich	Ham & Tomato Baguette	Bean & Cheese Burrito	
Vegetables	Peas Sweetcorn	Carrots Courgettes	Green Beans Mashed Swede	Sweetcorn Carrot & Cucumber Sticks	Peas Baked Beans	
Dessert of the day	Chocolate Drizzle Banana Cake & Cream	Peach Crumble & Custard	Apple Muffin (eve pudding)	Ice Cream & Fruit Sauce	Chocolate & Coconut Slice	
Dates week commencing		04/05, 15/06, 06/07, 14/09, 05/10				
Meat/Fish	Chicken Burger in a Bun served with Sweet Potato Salad	Fusilli Bolognese served with Homemade Garlic Bread	Roast Chicken & Gravy with Yorkshire Pudding, Roast or New Potatoes	Cajun Pork served with Rice	Breaded Fish Fillet served with Chips	
Vegetarian	Vegetarian Sausages & Gravy served with Colcannon Mash	Chickpea Dahl served with Rice	Quorn & Vegetable Moussaka served with Roast or New Potatoes	50/50 Margherita Pizza	Quorn & Vegetable Burrito served with Chips	
Additional Option	Cheese Salad Roll	Roast Tomato & Cheese Herb Focaccia	Beef & Rice Burrito	Ham Salad Baguette	Fish Finger Sandwich	
Vegetables	Peas Sweetcorn	Cauliflower Green Beans	Carrots Broccoli	Roasted Vegetables Carrot & Cucumber Sticks	Peas Baked Beans	
Dessert of the day	Orange & Carrot Muffin	Lemon & Thyme Cake & Custard	Frozen Toffee Yoghurt	Mandarins & Jelly	Rice Pudding & Fruit Sauce	

The following are available daily:
 Freshly prepared salad bar containing 4-6 choices (minimum of 3 with no dressing)
 Organic fresh white & wholemeal crusty bread
 Selection of seasonal fresh fruit and low fat yoghurts
 Chilled water
 The carbohydrate is incorporated in the whole dish unless otherwise stated