

**ALLERGY INFORMATION:** If your child has an allergy or intolerance please ask a member of the catering team for information. If your child has a school lunch and has a food allergy or intolerance you will be asked to complete a form to ensure we have the necessary information to cater for your child.

# Portsmouth Autumn Menu 2019

**caterlink**  
feeding the imagination

|               |                      | Monday  | Tuesday   | Wednesday  | Thursday   | Friday  |
|---------------|----------------------|---|---|--|--|---|
| <b>Week 1</b> | <b>Main</b>          | Pork Sausage in a Hot Dog Roll with Potato Wedges                   | Macaroni Cheese   | Roast Chicken and Stuffing with Roast New Potatoes & Gravy | Chicken Arrabiata Pasta  | MSC Fishfingers/Salmon Fishfingers with Chips and Homemade Tomato Sauce |
| 2/9/19        | <b>Vegetarian</b>    | Quorn Sausage in a Hot Dog Roll with Potato Wedges                  | Five Bean Chilli with Rice                              | Mixed Vegetable Loaf with Roast Potatoes and Gravy         | Potato & Courgette Layer Bake  | Cheese & Onion Quiche with Chips  |
| 23/9/19       | <b>Jacket Potato</b> | Tuna Mayonnaise   | Cheese  | Tuna Mayonnaise  | Cheese   | Baked Beans   |
| 14/10/19      | <b>Vegetables</b>    | Sweetcorn<br>Peas   | Green Beans<br>Carrots                                  | Broccoli<br>Cauliflower                                    | Roasted Mixed Vegetables   | Baked Beans<br>Peas   |
| 11/11/19      | <b>Dessert</b>       | Apple & Strawberry Strudel with Custard<br>Fruit<br>Yoghurt         | Carrot & Courgette Cake<br>Fruit<br>Yoghurt             | Oaty Cookie<br>Fruit<br>Yoghurt                            | Lemon & Cucumber Sponge<br>Fruit<br>Yoghurt                          | Fruit & Yoghurt Station   |
| 2/12/19       |                      |   |   |  |  |   |
| <b>Week 2</b> | <b>Main</b>          | Pizza Day<br>Cheese & Tomato or Roasted Vegetable served with salad | Cottage Pie with Gravy                                  | Roast Turkey with Roasted New Potatoes & Gravy             | Sweet & Sour Pork with Rice  | MSC Breaded Fish with Chips   |
| 9/9/19        | <b>Vegetarian</b>    |   | Vegetarian Spaghetti Bolognese                          | Quorn Fillet with Roasted New Potatoes & Gravy             | Lentil & Sweet Potato Curry with Rice                                | Red Pepper & Cheese Frittata  |
| 30/9/19       | <b>Jacket Potato</b> | Baked Beans   | Cheese  | Tuna Mayonnaise  | Baked Beans  | Tuna Mayonnaise   |
| 21/10/19      | <b>Vegetables</b>    | Peppers<br>Green Beans  | Peas<br>Cauliflower                                     | Carrots<br>Cabbage   | Sweetcorn<br>Baked Tomatoes  | Peas<br>Baked Beans   |
| 18/11/19      | <b>Dessert</b>       | Wholemeal Pear Crumble with Custard<br>Fruit<br>Yoghurt             | Fruit Shortbread<br>Fruit<br>Yoghurt                    | Apple Flapjack<br>Fruit<br>Yoghurt                         | Carrot & Raisin Cake with Custard<br>Fruit<br>Yoghurt                | Fruit & Yoghurt Station   |
| 9/12/19       |                      |   |   |  |  |   |
| <b>Week 3</b> | <b>Main</b>          | Spaghetti Bolognese   | Chicken Tikka with Rice                                 | Roast Pork with Roast Potatoes & Gravy                     | Beef Lasagne with Garlic Bread                                       | MSC Fish in Batter with Chips   |
| 16/9/19       | <b>Vegetarian</b>    | Cheese & Tomato Pinwheel with Jacket Wedges                         | Creamy Vegetable Pie with Mashed Potato Topping & Gravy | Vegetarian Wellington with Roast Potatoes & Gravy          | Roasted Cauliflower Curry with Rice                                  | Quorn Burger with Chips   |
| 7/10/19       | <b>Jacket Potato</b> | Cheese  | Tuna Mayonnaise   | Baked Beans  | Tuna Mayonnaise  | Baked Beans   |
| 4/11/19       | <b>Vegetables</b>    | Carrot<br>Peas  | Sweetcorn<br>Broccoli                                   | Fresh Mixed Seasonal Vegetables                            | Tomato & Onion Salad<br>Carrots                                      | Peas<br>Baked Beans   |
| 25/11/19      | <b>Dessert</b>       | Orange & Ginger Cake with Custard<br>Fruit<br>Yoghurt               | Rice Pudding with Mixed Berries<br>Fruit<br>Yoghurt     | Apple, Cheese & Biscuits<br>Fruit<br>Yoghurt               | Chocolate & Mandarin Sponge with Chocolate Sauce<br>Fruit<br>Yoghurt | Fruit & Yoghurt Station   |
| 16/12/19      |                      |   |   |  |  |   |



Soil Association

Daily Salad Selection & Fresh Bread available daily