

Today's Menu...

Monday

Available in the school dining room

main course

Pork and beef meatballs

Oven baked meatballs in a tomato and garlic sauce served with spaghetti or penne pasta. Served with grated parmesan cheese.

Quorn fillets in a mushroom sauce

Oven baked quorn fillets served with a creamy mushroom sauce.



vegetables

- Sweetcorn
- Baked courgettes

desserts

Selection of cold desserts

Fruit salad, yoghurt and homemade savoury and sweet tray bakes are available every day.

Soup of the day

Market vegetables

Available every day...

Pasta and baked potato bar with sauces and accompaniments

Salad bar with freshly prepared salads and chef's salads of the day, salad dressing, oils & vinegars, salad sprinkles



Portsmouth High Catering

Fresh food produced daily on the school premises for pupils, staff and visitors.

Today's Menu...

Tuesday

Available in the school dining room

main course

Stir fried honey and ginger turkey with soft noodles

Stir fried soft noodles served with honey and ginger marinated turkey strips.

Aubergine and bean ratatouille served with rice V

Roasted aubergine, peppers, courgette and onions baked with mixed beans in a rich tomato sauce.

vegetables

- Stir fry vegetables
- French beans

desserts

Warm chocolate brownie with vanilla cream

Fruit salad, yoghurt and homemade savoury and sweet tray bakes are available every day.

Soup of the day

Market vegetables

Available every day...

Pasta and baked potato bar with sauces and accompaniments

Salad bar with freshly prepared salads and chef's salads of the day, salad dressing, oils & vinegars, salad sprinkles



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Today's Menu...

Wednesday

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main course

Lamb rogan josh

Slow cooked lamb rogan josh curry served with rice, coriander yogurt and mango chutney.

Creamy mac and cheese

Penne pasta in a creamy cheese sauce

V

vegetables

- Broccoli
- Spiced cauliflower

desserts

Selection of cold desserts

Fruit salad, yoghurt and homemade savoury and sweet tray bakes are available every day.

Soup of the day

Market vegetables

Available every day...

Pasta and baked potato bar with sauces and accompaniments

Salad bar with freshly prepared salads and chef's salads of the day, salad dressing, oils & vinegars, salad sprinkles



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Today's Menu...

Thursday

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main course

Beef lasagne

Beef mince in tomato and garlic sauce layered with pasta sheets and topped with cheese sauce. Served with a wedge of garlic bread.

Filo parcels with feta cheese and roasted vegetables

Feta cheese with garlic and herb roasted summer vegetables in a crisp filo baked parcel.



vegetables

- Honey roasted carrots
- Buttered cabbage

desserts

Lemon cheese cake

A light biscuit base with a creamy lemon topping, dusted with shaved dark chocolate.

Fruit salad, yoghurt and homemade savoury and sweet tray bakes are available every day.

Soup of the day

Market vegetables

Available every day...

Pasta and baked potato bar with sauces and accompaniments

Salad bar with freshly prepared salads and chef's salads of the day, salad dressing, oils & vinegars, salad sprinkles



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Today's Menu...

Friday

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main course

Cod Goujons

Breaded fish deep fried served with a lemon wedge.

Margharita pizza

Stone baked pizza base with a rich tomato sauce topped with mozzarella. Various pizza toppings available.

V

vegetables

- Garden peas
- Mushrooms

desserts

Assorted ice cream

Fruit salad, yoghurt and homemade savoury and sweet tray bakes are available every day.

Soup of the day

Market vegetables

Available every day...

Pasta and baked potato bar with sauces and accompaniments

Salad bar with freshly prepared salads and chef's salads of the day, salad dressing, oils & vinegars, salad sprinkles



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