

Portsmouth 3 Choice Base 2017

Week One	Monday	Tuesday	Wednesday	Thursday	Friday
Meat/Fish	Chicken Sausages with Potato Wedges & Gravy	Cottage Pie	Roast Turkey with Roast Potatoes & Gravy	Chicken & Sweetcorn Pizza	Fish Fingers with Chips
Vegetarian	Quorn Sausages with Potato Wedges & Gravy	Vegetable & Bean Wholemeal Pasta	Butterbean Squash & Chickpea Patti with Roast Potatoes	Margherita Pizza	Cheese & Onion Pasty with Chips
	Mexican Rice Wrap	Jacket Potato with Cheese	Jacket Potato with Coleslaw	Jacket Potato & Tuna Mayonnaise	Jacket Potato & Baked Beans
Vegetables	Carrots & Green Beans	Cauliflower & Broccoli	White Cabbage & Swede	Winter Slaw & Roasted Vegetables	Peas Baked Beans
Dessert of the day	Apple & Berry Sponge with Custard	Apple & Cinnamon Pie with Vanilla Sauce	Frozen Strawberry Yoghurt	Chocolate Muffin	Lemon Drizzle Cake
Dates week commencing	30 Oct, 20 Nov, 11 Dec, 8 Jan, 29 Jan, 19 Feb, 12 Mar				
Week Two	Monday	Tuesday	Wednesday	Thursday	Friday
Meat/Fish	Chicken & Sweetcorn Pie	Beef Spaghetti Bolognese	Roast Gammon with Roast Potatoes & Gravy	Chicken Korma & Rice	Fish Fingers with Chips
Vegetarian	Macaroni Cheese	Cheese, Lentil & Tomato Pinwheel	Vegetable & Butterbean Ragu with Roast Potatoes	Margherita Pizza	Quorn Burger with Chips
Alternative Option	Hummus & Cucumber Wrap	Jacket Potato & Coleslaw	Jacket Potato & Baked Beans	Cheese & Bean Enchilada	Jacket Potato & Cheese
Vegetables	Green Beans & Sweetcorn	Minted Peas & Carrots	Vegetable Medley & Braised Red Cabbage	Fruity Coleslaw & Salad Bar	Peas & Baked Beans
Dessert of the day	Upside Down Peach Sponge & Custard	Jelly & Mandarins	Syrup Sponge & Custard	Oat & Raisin Biscuit	Pear & Chocolate Pudding with Chocolate Sauce
Dates week commencing	6 Nov, 27 Nov, 18 Dec, 15 Jan, 5 Feb, 26 Feb, 19 Mar				
Week Three	Monday	Tuesday	Wednesday	Thursday	Friday
Meat/Fish	Pork Sausages with Mashed Potato & Gravy	Chicken & Vegetable Chow Mein	Roast Chicken with Roast Potatoes & Gravy	Beef Lasagne	Fish Fingers with Chips
Vegetarian	Vegetable & Lentil Pasta Bolognese	Neopolitan Pasta	Vegetable & Lentil Loaf with Roast Potatoes & Gravy	Margherita Pizza	Spicy Bean Burger with Chips
Alternative Option	Plain Baked Salmon & Boiled Potatoes	Egg Mayonnaise & Cress Sandwich	Jacket Potato & Cheese	Jacket Potato & Baked Beans	Sweet Potato & Lentil Curry with Rice
Vegetables	Carrots & Green Beans	Broccoli & Roasted Vegetables	Roast Parsnips & Red Cabbage	Salad Bar & Coleslaw	Peas & Baked Beans
Dessert of the day	Eve's Pudding & Custard	Shortbread	Frozen Toffee Yoghurt	Chocolate Cracknell	Apple & Berry Sponge with Custard
Dates week commencing	13 Nov, 4 Dec, 22 Jan, 5 Mar, 26 Mar				



The following are available daily:
 Freshly prepared salad bar containing 4-6 choices (minimum of 3 with no dressing)
 Fresh white & wholemeal crusty bread
 Selection of seasonal fresh fruit and organic yoghurts
 Chilled water available

The carbohydrate is incorporated in the whole dish unless otherwise stated • All of our yoghurts are organic

