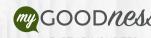
The Menu Portchester School

Autumn 2022



















(Ve) = Vegan (V) = Vegetarian	HEARTY FAVOURITES	FLAVOUR BEASS STREET FOOD TO ATTACK YOUR SENSES	HEARTY FAVOURITES	FLAVOUR BOALS STREET FOOD TO ATTACK YOUR SENSES	MY GOODNESS HEARTY FAVOURITES
Week One Weeks Commencing: 02/09, 19/09, 10/10, 7/11, 28/11	Monday	Tuesday	Wednesday	Thursday	Friday
The Main Affair	Spaghetti Carbonara	Cottage Pie	Roast Beef	Tandoori Chicken	Battered Fish
The Veggie Main	Mediterranean Meatball Pasta (V) (Ve)	Veggie Sausage & Sweet Sticky Onion Sub (V)	Spinach & Lentil Wellington (V)	Sri Lanken Sweet Potato & Chickpea Curry (V)	Blackened, seasoned & grilled Vegetable Burger (V)
Finishing Sides	Steamed Courgettes	Potato Wedges and Crispy Coleslaw or Green Beans & Carrots	Yorkshire Pudding, Roast Potatoes, Gravy & Root Vegetables	Steamed Rice & Spiced Cauliflower	Chips, Baked Beans & Garden Peas
Perfect Puds	Apple Pie with Custard	Gingerbread Cake	Blueberry Muffin	Pear Crumble with Custard	Chocolate Sponge with Chocolate Custard
Week Two Weeks Commencing: 05/09, 26/09, 17/10, 14/11, 5/12	Monday	Tuesday	Wednesday	Thursday	Friday
Weeks Commencing: 05/09, 26/09, 17/10,	Monday Radish Pork Sausages	Tuesday Mexican Spiced Chicken wrapped in Tortilla	Wednesday Roast Turkey	Thursday Home rubbed Jerk Chicken with Rice 'n Peas	Friday Battered Fish or Salmon Fishcake
Weeks Commencing: 05/09, 26/09, 17/10, 14/11, 5/12		Mexican Spiced Chicken		Home rubbed Jerk Chicken with Rice 'n	Battered Fish or
Weeks Commencing: 05/09, 26/09, 17/10, 14/11, 5/12 The Main Affair	Radish Pork Sausages Vegetarian Sausages	Mexican Spiced Chicken wrapped in Tortilla	Roast Turkey Root Vegetable and Butter Bean Stew with Herby Dumplings (V)	Home rubbed Jerk Chicken with Rice 'n Peas Chunky Vegetable &	Battered Fish or Salmon Fishcake Mature Cheddar &
Weeks Commencing: 05/09, 26/09, 17/10, 14/11, 5/12 The Main Affair The Veggie Main	Radish Pork Sausages Vegetarian Sausages (V) Onion Gravy, Mashed	Mexican Spiced Chicken wrapped in Tortilla Mac 'n Cheese (V)	Roast Turkey Root Vegetable and Butter Bean Stew with Herby Dumplings (V) (Ve) Roast Potatoes, Gravy,	Home rubbed Jerk Chicken with Rice 'n Peas Chunky Vegetable & Red Lentil Balti (V) Steamed Rice & Green	Battered Fish or Salmon Fishcake Mature Cheddar & Spring Onion Pasty Chips, Baked Beans &

Week Three Weeks Commencing: 12/09, 03/11, 31/10, 21/11, 12/12	Monday	Tuesday	Wednesday	Thursday	Friday
The Main Affair	Traditional Beef Lasagne	Gyros grilled Chicken with warm folder Naan	Slow Roast Shoulder of Pork with Apple Sauce	Thai Sweet Chilli Style Wok Fried Chicken	Battered Fish
The Veggie Main	Spinach & Cheese Lasagne (V)	Deep South Quesadilla (V)	Quorn Roast (V)	Spicy Cauliflower Wings & Lentil Dahl (V)	Garden Vegetable Quiche (V)
Finishing Sides	Garlic Bread, Courgettes & Carrots	Baked Potato Wedges and Crispy Coleslaw	Roast Potatoes, Gravy & Medley of Vegetables	Steamed Rice & Sambals	Chips, Baked Beans & Garden Peas
Perfect Puds	Toffee Apple Cake	Mandarins in Jelly	Courgette and Lemon	Apple and Raspberry	Chocolate Crunch

Cake



Crumble Slice

