

Highbury Egg Free Portsmouth Spring/ Summer Menu 2022 Option B

		Monday	Tuesday	Wednesday	Thursday	Friday
Week One 28 th Feb 21 st March 25 th April 16 th May 13 th June 04 th July 29 th August 19 th September 10 th October	Option 1	Tomato Pasta	Beef Burger in a Bun with Potato Wedges	Roast Chicken, Roast Potatoes, Stuffing & Gravy	Beef and red pepper Pizza with Potato wedges	Breaded Fish with Chips & Tomato Sauce
	Option 2	Five Bean Vegetable Curry with Rice	Vegan Sausage Hot Dog with Potato Wedges	Vegetable Wellington with Roast Potatoes & Gravy	Cheese & Tomato Pizza with potato wedges	Vegan Mexican Roll with Chips & Tomato Sauce
	Option 3	Jacket Potato with Beans,	Jacket Potato with Cheese	Jacket Potato with Beans	Jacket Potato with Tuna (No Mayo)	Jacket Potato with Cheese
	Vegetables	Cucumber Carrots	Sweetcorn Peas	Cabbage Broccoli	Green Beans Carrots	Peas Baked Beans
	Dessert	Italian Vanilla Cake	Apple & Raisin Flapjack	Chocolate Cookie	Orange & Cinnamon Cookie	Peaches & Ice Cream
Week Two 7 th March 28 th March 02 nd May 23 rd May 20 th June 11 th July 05 th September 26 th September 17 th October	Option 1	Macaroni Cheese	Spaghetti Bolognaise	Roast Turkey, Roast Potatoes & Gravy	BBQ Chicken Pizza with Potato Wedges	Fishfingers with Chips & Tomato Sauce
	Option 2	Vegetable Curry with Rice	Vegan Spaghetti Bolognaise	Roast Quorn, Roast Potatoes, Stuffing, & Gravy	Cheese & Tomato Pizza with potato wedges	Cheese & Bean Pasty with Chips
	Option 3	Jacket Potato with Beans,	Jacket Potato with Cheese	Jacket Potato with Beans	Jacket Potato with Tuna (No Mayo)	Jacket Potato with Cheese
	Vegetables	Sweetcorn Cauliflower	Green Beans	Carrots Peas	Broccoli Sweetcorn	Peas Baked Beans
	Dessert	Pinwheel Cookie	Vanilla Shortbread	Oaty Cookie	Italian Chocolate Cake	Chocolate & Banana Oaty Square
Week Three 14 th March 04 th April 09 th May 06 th June 27 th June 18 th July 12 th September 03 rd October	Option 1	Macaroni Cheese	Beef Lasagne with Garlic Bread	Roast Chicken, Roast Potatoes, Stuffing & Gravy	Pork Sausage Hot Dog with Potato Wedges	Fish in Batter with Chips & Tomato Sauce
	Option 2	BBQ Quorn Fillet with Rice	Vegetable Enchiladas with Rice	Lentil & Basil Puff Pastry, Roast Potatoes & Gravy	Cheese & Tomato Pizza with potato wedges	Bean and Lentil Burger with Chips
	Option 3	Jacket Potato with Beans,	Jacket Potato with Cheese	Jacket Potato with Beans	Jacket Potato with Tuna (No Mayo)	Jacket Potato with Cheese
	Vegetables	Green Beans Carrots	Green Beans Sweetcorn	Carrot Broccoli	Sweetcorn Tomato Salsa	Peas Baked Beans
	Dessert	Italian Vanilla Cake	Raspberry Jelly & Mandarins	Spanish Cookie	Italian Vanilla Cake	Chocolate Shortbread

Available Daily:

- Freshly cooked jacket potatoes with a choice of fillings (where advertised)
- Bread freshly baked on site daily
- Daily salad selection

ALLERGY INFORMATION: If you would like to know about particular allergens in foods 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. We use a large variety of ingredients in the preparation of our meals and due to the nature of our kitchens it is not possible to completely remove the risk of cross contamination.