



| WEEK 1 | Monday | Tuesday | Wednesday | Thursday | Friday |
|--------------|-------------------------------------------------------------------------------------|------------------------------------------|----------------------------------------------------------|----------------------------------------------------------------------|-------------------------------------------------------------------------------|
| Mains | Pork in Black Bean Sauce Quorn in Black Bean Sauce | Cottage Pie Vegetable Cottage Pie | Southern Fried Chicken Breast Vegan Quorn Goujons | Roast Beef Yorkshire Pudding Soy Mince & Vegetable Lattice | Battered Fish Cheeseburger Gluten-Free Cheeseburger Vegetable Burger |
| Sides | Egg-Fried Rice, Prawn Crackers, Chinese Cabbage & Garlic Broccoli with Carrot | Baked Beans, Garden Peas | Crispy Potatoes, BBQ Beans, Sweetcorn | Gravy, Roast Potatoes, Cauliflower Cheese, Carrots | Chips, Garden Peas, Baked Beans, Curry Sauce |

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|------------------|----------------------------------------|------------------------------------------------------------|------------------------------------------|-------------------------------------------------------|--|
| Pasta Bar | Beef Bolognese Tomato & Basil Sauce | Tomato & Garlic Sauce Garlic Chicken & Spinach Sauce | Roasted Pepper & Tomato Ham Carbonara | Creamy Roasted Squash Spicy Sausage, Bean & Tomato | |
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|-----------------------------------------------------------------------------|--|--|--|--|--|
| Salad Bar Selection of Salads, Protein Pots, Dressings & Toppings | | | | | |
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|-----------------------------------------------------------------------------------------------------------------|--|--|--|--|--|
| Jacket Potatoes Tuna Mayo / Baked Beans / Cheddar Cheese / Coleslaw / Chefs Special (see Daily Board) | | | | | |
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|-----------------------------------------------------------|--|--|--|--|--|
| Soup Selection of freshly made soup with a roll | | | | | |
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|-----------------|------------------------------------------------------------------------------|----------------------------------------------------------------|------------------------------------------------------------|---------------------------------------------------|-------------------|
| Desserts | Chocolate, Plain or Fruit Flapjack Apple & Cherry Crumble with Custard | Strawberry Cheesecake Chocolate Chip Sponge with Custard | Jam & Coconut Sponge with Custard Chocolate Oreo Pot | Dalmation Roll & Custard Jam Crumble Slice | Chocolate Brownie |
|-----------------|------------------------------------------------------------------------------|----------------------------------------------------------------|------------------------------------------------------------|---------------------------------------------------|-------------------|

Jelly Pots, Fruit Pots, Yoghurts and a selection of fresh fruit, every day

Lunch @PGS



THE
PORTSMOUTH
GRAMMAR
SCHOOL

WEEK 2

Monday

Tuesday

Wednesday

Thursday

Friday

Mains

Chicken Fajitas

Quorn Fajitas

Pork & Leek Sausages

Plant Sausages

Gluten-Free Sausages

Beef Lasagne

Soy Mince Lasagne

Roast Pork & Stuffing, Apple
Sauce

Vegetable Pie

Battered Fish
Non-Gluten Fishcake
Steak Pie
Chicken & Mushroom Pie
Vegetable Pie

Sides

Mexican Rice, Garden Peas,
Salsa, Guacamole, Sour Cream

Gravy, Creamy Mash, Savoy
Cabbage, Roasted Carrots

Garlic Bread, Broccoli Florets,
Roasted Vegetables

Roast Potatoes, Swede,
Cabbage, Gravy

Chips, Garden Peas, Baked
Beans, Curry Sauce

Pasta Bar

Tomato & Garlic Sauce
Chicken & Mushroom Sauce

Broccoli & Pea Sauce
Spicy Pepperoni & Tomato
Sauce

Arrabiata Sauce
Cheesy Ham & Broccoli Sauce

Red Pesto & Tomato Sauce
Creamy Bacon & Leek Sauce

Salad Bar

Selection of Salads, Protein Pots, Dressings & Toppings

Jacket Potatoes

Tuna Mayo / Baked Beans / Cheddar Cheese / Coleslaw / Chefs Special (see Daily Board)

Soup

Selection of freshly made soup with a roll

Desserts

Chocolate, Plain or Fruit Flapjack
Apple & Blackberry Crumble with
Custard

Strawberry Mousse
Chocolate Sponge &
Chocolate Custard

Jam Roly Poly with Custard
Chocolate Cake

Rice Pudding & Jam Sauce
Lemon Drizzle Cake

Chocolate Tiffin

Jelly Pots, Fruit Pots, Yoghurts and a selection of fresh fruit, every day

Lunch @PGS



THE
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SCHOOL

| WEEK 3 | Monday | Tuesday | Wednesday | Thursday | Friday |
|-----------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------|---------------------------------------------------------------------------|---------------------------------------------------------------|----------------------------------------------------|--------------------------------------------------------------------------------------------------|
| Mains | Sweet Chilli & Soy Chicken Noodles Vegetable Noodles | BBQ Pulled Pork Topped Mac 'n' Cheese Tomato Topped Mac 'n' Cheese | Spicy Chicken Burrito Quorn & Vegetable Burrito | Roast Gammon Vegetable Wellington | Battered Fish Gluten-Free Fish Mornay Chicken Slice Steak Slice Cheese & Onion Slice |
| Sides | Prawn Crackers, Chinese Leaf & Garlic Broccoli, Sweetcorn | Garlic Bread, Garden Peas, Carrots | Side Salad Coleslaw | Roast Potatoes, Cabbage Carrots, Gravy | Chips, Garden Peas, Baked Beans |
| Pasta Bar | Tomato & Basil Sauce Creamy Chicken & Bacon Sauce | Spinach & Pesto Spicy Sausage, Bean & Tomato | Cheese Sauce Pesto & Chicken Sauce | Tomato & Olive Sauce Ham Carbonara | |
| Salad Bar Selection of Salads, Protein Pots, Dressings & Toppings | | | | | |
| Jacket Potatoes Tuna Mayo / Baked Beans / Cheddar Cheese / Coleslaw / Chefs Special (see Daily Board) | | | | | |
| Soup Selection of freshly made soup with a roll | | | | | |
| Desserts | Chocolate, Plain or Fruit Flapjack Apple Crumble with Custard | Banana & Syrup Sponge with Custard White Chocolate Blondie | Ice Cream Sponge Roll Banana, Chocolate Marshmallow Pot | Bread & Butter Pudding with Custard Carrot Cake | Chocolate Chip Muffin |

Jelly Pots, Fruit Pots, Yoghurts and a selection of fresh fruit, every day

Pre-School Lunch @PGS



THE
PORTSMOUTH
GRAMMAR
SCHOOL

| WEEK 1 | Monday | Tuesday | Wednesday | Thursday | Friday |
|--------|------------------------------------------|--------------------------------------|----------------------------------------|--------------------------------------------------------------------------------------|------------------------------------------------------------------------------|
| Mains | Chicken Burger Vegetable Burger | Cottage Pie Vegetable Cottage Pie | Chicken Goujons Vegan Quorn Goujons | Roast Beef Yorkshire Pudding Non-Gluten Gravy Soy Mince & Vegetable Lattice | Fish Fingers Cheeseburger Gluten-Free Cheeseburger Vegetable Burger |
| Sides | Potato Wedges, Spaghetti Hoops, Broccoli | Gravy, Baked Beans, Garden Peas | Crispy Potatoes, BBQ Beans, Sweetcorn | Roast Potatoes, Cauliflower Cheese, Carrots | Chips, Garden Peas, Baked Beans |

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|-----------|-----------------------------------------|---------------------------------------------------------|------------------------------------------|-------------------------------------------------------|--------------------------------------------------------------------------------|
| Pasta Bar | Beef Bolognaise Tomato & Basil Sauce | Tomato & Garlic Sauce Garlic Chicken & Spinach Sauce | Roasted Pepper & Tomato Ham Carbonara | Creamy Roasted Squash Spicy Sausage, Bean & Tomato | FRIDAY SPECIAL Chicken Parmigiana with Penne Pasta & Arrabiata Sauce |
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Salad Bar

Selection of Salads, Protein Pots, Dressings & Toppings

Jacket Potatoes

Tuna Mayo / Baked Beans / Cheddar Cheese / Coleslaw / Chefs Special (see Daily Board)

Soup

Selection of freshly made soup with a roll

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|----------|---------------------------------------------------------------------------|----------------------------------------------------------|---------------------------------------------------------|-----------------------------------------------|-----------------------------------------|
| Desserts | Chocolate, Plain or Fruit Flapjack Apple & Cherry Crumble with Custard | Strawberry Cheesecake Chocolate Chip Sponge & Custard | Jam & Coconut Sponge with custard Chocolate Oreo Pot | Dalmatian Roll & custard Jam Crumble Slice | Ice Cream, Jelly Pot, Chocolate Brownie |
|----------|---------------------------------------------------------------------------|----------------------------------------------------------|---------------------------------------------------------|-----------------------------------------------|-----------------------------------------|

Jelly Pots, Fruit Pots, Yoghurts and a selection of fresh fruit, every day

Pre-School Lunch @PGS



THE
PORTSMOUTH
GRAMMAR
SCHOOL

WEEK 2

Monday

Tuesday

Wednesday

Thursday

Friday

Mains

Chicken Fajitas

Quorn Fajitas

Pork & Leek Sausages

Plant Sausages

Gluten-Free Sausages

Beef Lasagne

Soy Mince Lasagne

Roast Pork & Stuffing, Apple
Sauce

Vegetable Pie

Fish Fingers

Gluten-Free Fishcake

Sausage Roll

Sides

Mexican Rice, Garden Peas,
Salsa, Guacamole, Sour Cream

Gravy, Creamy Mash, Savoy
Cabbage, Roasted Carrots

Garlic Bread, Broccoli Florets,
Roasted Vegetables

Gravy, Roast Potatoes, Swede,
Cabbage

Chips, Garden Peas, Baked
Beans, Curry Sauce

Pasta Bar

Tomato & Garlic Sauce
Chicken & Mushroom Sauce

Creamy Broccoli & Pea Sauce
Spicy Pepperoni & Tomato
Sauce

Arrabiata Sauce
Cheesy Ham & Broccoli Sauce

Red Pesto & Tomato Sauce
Creamy Bacon & Leek Sauce

Salad Bar

Selection of Salads, Protein Pots, Dressings & Toppings

Jacket Potatoes

Tuna Mayo / Baked Beans / Cheddar Cheese / Coleslaw / Chefs Special (see Daily Board)

Soup

Selection of freshly made soup with a roll

Desserts

Chocolate, Plain or Fruit
Flapjack
Apple & Blackberry Crumble
with Custard

Strawberry Mousse
Chocolate Sponge & Chocolate
Custard

Chocolate Cake
Jam Roly Poly & Custard

Rice Pudding & Jam
Lemon Drizzle Cake

Chocolate Tiffin
Ice Cream, Jelly Pot

Jelly Pots, Fruit Pots, Yoghurts and a selection of fresh fruit, every day

Pre-School Lunch @PGS



THE
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SCHOOL

| WEEK 3 | Monday | Tuesday | Wednesday | Thursday | Friday |
|---------------------------------------------------------------------------------------|------------------------------------------------------------------|---------------------------------------------------------------|---------------------------------------------------------------|----------------------------------------------------|--------------------------------------------------------|
| Mains | Homemade Cheese & Tomato Pizza | BBQ Pulled Pork Mac 'n' Cheese | Popcorn Chicken | Roast Gammon | Fish Fingers |
| | Gluten-Free & Dairy-Free Pizza Bun | Tomato-topped Mac 'n' Cheese | Vegetable Bites | Vegetable Wellington | Gluten-Free Fish Mornay |
| Sides | Crispy Potatoes, Sweetcorn, Baked Beans | Garlic Bread, Garden Peas, Carrots | Potato Wedges, Baked Beans, Sweetcorn | Gravy, Roast Potatoes, Carrots, Cabbage | Pork Sausage |
| Pasta Bar | Tomato & Basil Sauce Creamy Chicken & Bacon Sauce | Spinach & Pesto Spicy Sausage, Bean & Tomato | Cheese Sauce Pesto & Chicken Sauce | Tomato & Olive Sauce Ham Carbonara | |
| Salad Bar | | | | | |
| Selection of Salads, Protein Pots, Dressings & Toppings | | | | | |
| Jacket Potatoes | | | | | |
| Tuna Mayo / Baked Beans / Cheddar Cheese / Coleslaw / Chefs Special (see Daily Board) | | | | | |
| Soup | | | | | |
| Selection of freshly made soup with a roll | | | | | |
| Desserts | Chocolate, Plain or Fruit Flapjack Apple Crumble with Custard | Banana & Syrup Sponge with custard White Chocolate Blondie | Ice Cream Sponge Roll Banana, Chocolate Marshmallow Pot | Bread & Butter Pudding with custard Carrot Cake | Chocolate Chip & Banana Muffin Ice Cream, Jelly Pot |

Jelly Pots, Fruit Pots, Yoghurts and a selection of fresh fruit, every day