

Lunch @PGS

WEEK 1	Monday	Tuesday	Wednesday	Thursday	Friday
Mains	Beef Bolognese Non-Gluten, Non-Dairy Beef Bolognese Vegan Bolognese	Pork Swedish Meatballs Vegan Spicy Meatballs	Katsu Chicken Non-Gluten Non-Dairy Katsu Chicken Sweet Potato Katsu	Roast Beef Yorkshire Pudding Non-Gluten Gravy Vegetable & Lentil Bake	Battered Fish Jumbo Sausage Non-Gluten Fishcake Vegetarian Sausage Non-Gluten Sausage
Sides	Spaghetti, Garlic Bread, Garden Peas, Mixed Salad, Parmesan Cheese	Creamy Mashed Potato, Non-Dairy Mashed Potato, Carrots, Green Beans	Non-Gluten Non-Dairy Katsu Sauce, Coconut Rice, Sweetcorn, Broccoli Florets	Roast Potatoes, Cauliflower Cheese, Carrots	Chips, Garden Peas, Baked Beans, Tartare Sauce, Curry Sauce

Pasta Bar	Creamy Spinach & Pesto Spaghetti	Tomato & Basil Sauce Garlic Chicken & Spinach Sauce	Roasted Pepper & Tomato Ham Carbonara	Creamy Roasted Butternut 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

Desserts	Chocolate, Plain or Fruit Flapjack Apple & Blackberry Crumble with Custard	Strawberry Cheesecake Chocolate & Banana Mousse Syrup Sponge Pudding with Custard	Lemon Victoria Sponge Farmhouse Bread & Butter Pudding with Custard	Trifle Banoffee Pots Jam Roly Poly with Custard	Marbled Ice Chocolate Cake Strawberry Ice Cream
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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 Hakka Noodles
(Non-Gluten Noodles Available)
Vegetable Spring Roll with a
Sweet Chilli & Lime Dip Served
with Rice

Beef Meatballs in Tomato Sauce
Non-Gluten Beef Meatballs
Roast Vegetable & Quorn Pasta
Bake

Cumberland Sausage Ring
Vegan Quorn Sausage
Non-Gluten Sausage
Non-Gluten Gravy

Hunters Chicken
Non-Dairy Hunters Chicken
Sweet Potato Filled with Roasted
BBQ Vegetables & Topped with
Melted Cheese

Battered Fish
Non-Gluten Fishcake
Paninis
Non-Gluten Panini

Sides

Prawn Crackers, Garlic Broccoli
& Green Beans with Carrot
Ribbons

Garlic Bread, Spaghetti, Non-
Gluten Pasta, Carrot & Pea
Medley

Creamy Mashed Potato, Non-
Dairy Mashed Potato, Savoy
Cabbage, Carrots

Sauteed Potatoes, Roasted
Peppers, Courgette & Sweetcorn

Chips, Garden Peas, Baked
Beans, Tartare Sauce, 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

FRIDAY SPECIAL
Cornish Pasty

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 & Cherry Crumble with Custard

Toffee Cheesecakes
Strawberry Mousse
Lemon Sponge & Custard

Victoria Sponge
Chocolate & Banana Cake & Custard

Oreo Chocolate Pot
Jam & Coconut Sponge & Custard

Sprinkle Cake
Chocolate Ice Cream Tub

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

Lunch @PGS



WEEK 3	Monday	Tuesday	Wednesday	Thursday	Friday
Mains	Chicken & Vegetable Saag Masala Non-Gluten Non-Dairy Chicken & Vegetable Masala Quorn & Vegetable Saag Masala Mini Naan Bread	Mac N Cheese Topped with Crispy Bacon & Crispy Onions Mac N Cheese with Roasted Pepper ,Spinach & topped with Crispy Onions Non-Gluten Available	Beef Chilli Tacos Non-Gluten Beef Chilli Taco Vegan Mince Chilli Taco	Roast Pork Chicken Sausage Toad in the Hole Quorn Sausage Toad in the Hole Non-Gluten Gravy	Battered Fish Non-Gluten Fish Cake Cheeseburger Vegetable Burger Non-Gluten Vegetable Burger
Sides	Turmeric Rice, Garden Peas, Cumin Roasted Carrots, Mango Chutney, Mint Yoghurt, Onion, Cucumber & Coriander	Garlic Bread, Roasted Vegetables, Broccoli Florets	Mexican Rice, Sweetcorn & Peppers, Salsa, Sour Cream, Guacamole	Roast Potatoes, Savoy Cabbage Carrots, Sage & Onion Stuffing	Chips, Garden Peas, Baked Beans, Tartare Sauce, Curry Sauce
Pasta Bar	Tomato & Basil Sauce Creamy Chicken & Bacon Sauce	Creamy Spinach & Pesto Spaghetti Spicy Sausage, Bean & Tomato	Roasted Vegetable Sauce Creamy Green Pesto & Chicken Sauce	Tomato & Olive Sauce Ham Carbonara	FRIDAY SPECIAL Chefs Special Burrito
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	Lemon Cheesecake Butterscotch Mousse Chocolate Sponge & Chocolate Custard	Coconut Macaroon Rice Pudding & Jam Sauce	Jam Crumble Slice Apple Pie & Custard	Chocolate Chip & Banana Muffin Vanilla Ice Cream Tub

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

Pre-School Lunch @PGS



THE
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GRAMMAR
SCHOOL

WEEK 1	Monday	Tuesday	Wednesday	Thursday	Friday
Mains	Beef Bolognaise Non-Gluten, Non-Dairy Beef Bolognaise Vegan Bolognaise	Home Made Sausage Roll Pork Swedish Meatballs Vegan Spicy Meatballs	Katsu Chicken Non-Gluten Non-Dairy Katsu Chicken Sweet Potato Katsu	Roast Beef Yorkshire Pudding Non-Gluten Gravy Vegetable & Lentil Bake	Battered Fish Jumbo Sausage Non-Gluten Fishcake Vegetarian Sausage Non-Gluten Sausage
Sides	Spaghetti, Garlic Bread, Garden Peas, Mixed Salad, Parmesan Cheese	Creamy Mashed Potato, Non-Dairy Mashed Potato, Carrots, Green Beans	Non-Gluten Non-Dairy Katsu Sauce, Coconut Rice, Sweetcorn, Broccoli Florets	Roast Potatoes, Cauliflower Cheese, Carrots	Chips, Garden Peas, Baked Beans, Tartare Sauce, Curry Sauce
Pasta Bar	Creamy Spinach & Pesto Spaghetti	Tomato & Basil Sauce Garlic Chicken & Spinach Sauce	Roasted Pepper & Tomato Ham Carbonara	Creamy Roasted Butternut Squash Spicy Sausage, Bean & Tomato	FRIDAY SPECIAL Chicken Parmigiana with Penne Pasta & Arrabiata 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 Cheesecake Chocolate & Banana Mousse Syrup Sponge Pudding with Custard	Lemon Victoria Sponge Farmhouse Bread & Butter Pudding with Custard	Trifle Banoffee Pots Jam Roly Poly with Custard	Marbled Ice Chocolate Cake Strawberry Ice Cream

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

Mini Cheese & Ham Pizza Bun
Mini Cheese Pizza Bun
Vegetable Spring Roll with a
Sweet Chilli & Lime Dip Served
with Rice

Beef Meatballs in Tomato Sauce
Non-Gluten Beef Meatballs
Roast Vegetable & Quorn Pasta
Bake

Cumberland Sausage
Vegan Quorn Sausage
Non-Gluten Sausage
Non-Gluten Gravy

Homemade Chicken Bites
Sweet Potato Filled with Roasted
BBQ Vegetables & Topped with
Melted Cheese

Battered Fish
Non-Gluten Fishcake
Paninis
Non-Gluten Panini

Sides

Potato Wedges, Baked Beans

Garlic Bread, Spaghetti, Non-
Gluten Pasta, Carrot & Pea
Medley

Creamy Mashed Potato, Non-
Dairy Mashed Potato, Savoy
Cabbage, Carrots

Sauteed Potatoes, Roasted
Peppers, Courgette & Sweetcorn

Chips, Garden Peas, Baked
Beans, Tartare Sauce, 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

FRIDAY SPECIAL
Cornish Pasty

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 & Cherry Crumble with
Custard

Toffee Cheesecakes
Strawberry Mousse
Lemon Sponge & Custard

Victoria Sponge
Chocolate & Banana Cake &
Custard

Oreo Chocolate Pot
Jam & Coconut Sponge &
Custard

Sprinkle Cake
Chocolate Ice Cream Tub

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

Pre-School Lunch @PGS



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WEEK 3	Monday	Tuesday	Wednesday	Thursday	Friday
Mains	Cheesy Sausage & Bean Wrap Chicken & Vegetable Saag Masala Quorn & Vegetable Saag Masala Mini Naan Bread	Mac N Cheese Topped with Crispy Bacon & Crispy Onions Mac N Cheese with Roasted Pepper ,Spinach & topped with Crispy Onions Non-Gluten Available	Mild Beef Chilli Tacos Non-Gluten Beef Chilli Taco Vegan Mince Chilli Taco	Roast Pork Chicken Sausage Toad in the Hole Quorn Sausage Toad in the Hole Non-Gluten Gravy	Battered Fish Non-Gluten Fish Cake Cheeseburger Vegetable Burger Non-Gluten Vegetable Burger
Sides	Turmeric Rice, Garden Peas, Sauteed Potatoes	Garlic Bread, Roasted Vegetables, Broccoli Florets	Mexican Rice, Sweetcorn & Peppers, Salsa, Sour Cream, Guacamole	Roast Potatoes, Savoy Cabbage Carrots, Sage & Onion Stuffing	Chips, Garden Peas, Baked Beans, Tartare Sauce, Curry Sauce
Pasta Bar	Tomato & Basil Sauce Creamy Chicken & Bacon Sauce	Creamy Spinach & Pesto Spaghetti Spicy Sausage, Bean & Tomato	Roasted Vegetable Sauce Creamy Green Pesto & Chicken Sauce	Tomato & Olive Sauce Ham Carbonara	FRIDAY SPECIAL Chefs Special Burrito
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	Lemon Cheesecake Butterscotch Mousse Chocolate Sponge & Chocolate Custard	Coconut Macaroon Rice Pudding & Jam Sauce	Jam Crumble Slice Apple Pie & Custard	Chocolate Chip & Banana Muffin Vanilla Ice Cream Tub

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