

THE  
PORTSMOUTH  
GRAMMAR  
SCHOOL

# Lunch Menus Spring 2024



<b>Week Commencing</b>	<b>Menu Served</b>
4th March	Week One
11th March	Week Two
26th February, 18th March	Week Three


**The Pre-School and Infant Menus are on final pages**

Remember you can pre -order your packed lunch using the on-line service by 9.00am daily.

Gluten Free options are available so just mention it on your order.

**Please check the allergen information at the point of service.**



# WEEK ONE Available to Year 3 and above

Monday	Tuesday	Wednesday
<p><b>MAIN</b> Beef Bolognese Pasta Bake (contains: wheat, milk) <i>Non-Dairy &amp; Non-Gluten Beef Bolognese &amp; Pasta</i></p> <p><b>PLANT POWER</b> Vegan Mushroom &amp; Spinach Spaghetti (contains: wheat, soya)</p> <p><b>VEGETABLES</b> Sweetcorn &amp; Green Beans</p> <p><b>DESSERT</b> Fruit Crumble (contains: wheat) with Custard (contains: milk)</p>	<p><b>MAIN</b> Chicken &amp; Vegetable Hot Pot (contains: celery)</p> <p><b>PLANT POWER</b> Thai Sweet Potato Curry Steamed Rice</p> <p><b>VEGETABLES</b> Savoy Cabbage &amp; Zero Waste Carrots</p> <p><b>DESSERT</b> Chocolate Orange Sponge (contains: wheat) with Custard (contains: milk)</p>	<p><b>MAIN</b> Old English Cumberland Sausages (contains: wheat, sulphites) <i>Non-Gluten Sausages (contains: sulphites)</i> <i>Non-Gluten Vegetarian Gravy</i></p> <p><b>PLANT POWER</b> Vegan Quorn Sausages (contains: wheat)</p> <p><b>VEGETABLES</b> Creamed Mashed Potato (contains: milk) or Non-Dairy Mashed Potato Garden Beans &amp; Baked Beans</p> <p><b>DESSERT</b> Jam &amp; Coconut Sponge (contains: wheat, sulphites) Custard (contains: milk)</p>
 <p><b>Thursday: GREEK GOODNESS</b></p>	<p><b>Friday</b></p>	<p><b>Pasta &amp; Jacket Potato, Salad &amp; Soup Bar</b></p>
<p><b>MAIN</b> Chicken Souvlaki served with pitta bread (contains: wheat), Tzatziki (contains: milk, sulphites), Iceberg Lettuce and Sliced Tomato</p> <p><b>PLANT POWER</b> Gigantes Plake (contains: celery) (this is a Greek-style butter bean &amp; tomato stew)</p> <p><b>VEGETABLES</b> Lemon &amp; Garlic Roasted Mids (contains: sulphites) Greek Salad (contains: milk, wheat)</p> <p><b>DESSERT</b> Portokalopita (Greek Orange Cake) (contains: wheat, milk, egg) with Cream (contains: milk)</p>	<p><b>MAIN</b> Sausage Roll (contains: wheat, milk, soy, sulphites) Ham &amp; Cheese Panini (contains: wheat, milk, may contain soy) Non-Gluten Fishcake (contains: fish)</p> <p><b>PLANT POWER</b> Roasted Pepper Cheese Panini (contains: wheat, milk, may contain soy)</p> <p><b>VEGETABLES</b> Chipped Potatoes, Garden Peas, Baked Beans</p> <p><b>DESSERT</b> Lemon Cheesecake Pots (contains: wheat, milk, egg, sulphites, may contain soy)</p>	<p><b>PASTA BAR</b> Plain &amp; Wholemeal Pasta of the Day (contains: wheat) Non-Gluten Pasta available Tomato, Red Lentil &amp; Basil Sauce (contains: milk, may contain wheat) Dairy-Free &amp; Non-Gluten Tomato &amp; Basil Sauce</p> <p>Green Pesto Dressing (contains: milk) Red Pesto Dressing (contains: milk) Garlic Olive Oil</p> <p><b>DAILY JACKET POTATO BAR</b> Jacket Potato loaded with Tuna Mayonnaise (contains: egg, fish); Baked Beans; Cheddar Cheese (contains: milk)</p> <p><b>SALAD BAR</b> A selection of self-help basic and composite salads &amp; accompaniments</p> <p><b>SOUP OF THE DAY &amp; THAI NOODLE POTS</b> Accompanied with a selection of Freshly Baked bread</p> <p><b>DESSERTS</b> A selection of fresh fruit, yoghurt pots, jellies, and a cake of the day</p>

# WEEK TWO Available to Year 3 and above

 <b>Monday: Taste of India</b>	<b>Tuesday</b>	<b>Wednesday</b>
<p><b>MAIN</b> Chicken &amp; Lentil Dhansak (contains: mustard, celery, may contain wheat) Non-Gluten available</p> <p><b>PLANT POWER</b> Sweet Potato &amp; Chickpea Saag (contains: mustard, celery)</p> <p><b>VEGETABLES</b> Steamed White Rice Aloo Gobi (spiced cauliflower &amp; potato - contains: mustard) Garden Peas</p> <p><b>DESSERT</b> Rice Kheer (Indian Rice Pudding)</p>	<p><b>MAIN</b> Cottage Pie (contains: milk) Non-Dairy Cottage Pie Non-Gluten Vegetarian Gravy</p> <p><b>PLANT POWER</b> Vegan Leek &amp; Spinach Risotto</p> <p><b>VEGETABLES</b> Fresh Broccoli Florets Baked Beans</p> <p><b>DESSERT</b> Marble Sponge (contains: wheat) with Custard (contains: milk)</p>	<p><b>MAIN</b> Chicken Arrabbiata Pasta Bake (contains: wheat, milk) Garlic Bread (contains: wheat, may contain milk and soy) Non-Gluten available Non-Dairy available</p> <p><b>PLANT POWER</b> Roasted Vegetable Lasagne (contains: wheat, milk, egg, celery) Garlic Bread (contains: wheat, may contain milk and soy)</p> <p><b>VEGETABLES</b> Mixed Salad Broccoli Florets</p> <p><b>DESSERT</b> Chocolate Sponge (contains: wheat) with Chocolate Custard (contains: milk)</p>
<b>Thursday</b>	<b>Friday</b>	<b>Pasta &amp; Jacket Potato, Salad &amp; Soup Bar</b>
<p><b>MAIN</b> Roast Pork Sage &amp; Onion Stuffing (contains: wheat) Non-Gluten Vegetarian Gravy</p> <p><b>PLANT POWER</b> Vegan Country Vegetable Pie (contains: wheat, celery) Non-Gluten Vegetarian Gravy</p> <p><b>VEGETABLES</b> Roast Potatoes Shredded Savoy Cabbage &amp; Zero Waste Carrots</p> <p><b>DESSERT</b> Apple Crumble (contains: wheat, may contain sesame) Custard (contains: milk)</p>	<p><b>MAIN</b> Crispy Battered Pollock (contains: pollock, wheat) Non-Gluten Fishcake (contains: cod) Tartare Sauce (contains: egg, mustard) &amp; Lemon Wedges Curry Sauce (contains: milk, mustard)</p> <p>Jumbo Sausage (contains: wheat, sulphites) Non-Gluten Sausage (contains: sulphites)</p> <p><b>PLANT POWER</b> Roast Pepper, Spinach &amp; Leek Quiche (contains: wheat, milk, egg) Vegan Quorn Sausages (contains: wheat)</p> <p><b>VEGETABLES</b> Chipped Potatoes, Garden Peas or Baked Beans</p> <p><b>DESSERT</b> Toffee Cheesecake Pot (contains: wheat, milk, may contain egg &amp; soy)</p>	<p><b>PASTA BAR</b> Plain &amp; Wholemeal Pasta of the Day (contains: wheat) Non-Gluten Pasta available Tomato, Red Lentil &amp; Basil Sauce (contains: milk, may contain wheat) Dairy-Free &amp; Non-Gluten Tomato &amp; Basil Sauce</p> <p>Green Pesto Dressing (contains: milk) Red Pesto Dressing (contains: milk) Garlic Olive Oil</p> <p><b>DAILY JACKET POTATO BAR</b> Jacket Potato loaded with Tuna Mayonnaise (contains: egg, fish); Baked Beans; Cheddar Cheese (contains: milk)</p> <p><b>SALAD BAR</b> A selection of self-help basic and composite salads &amp; accompaniments</p> <p><b>SOUP OF THE DAY &amp; THAI NOODLE POTS</b> Accompanied with a selection of Freshly Baked bread</p> <p><b>DESSERTS</b> A selection of fresh fruit, yoghurt pots, jellies, and a cake of the day</p>

# WEEK THREE Available to Year 3 and above

 <p><b>Monday</b></p> <p><b>The Italian Job</b> Slow Cooked Pork Ragu (contains: celery)</p> <p><b>PLANT POWER</b> Roasted Vegetable &amp; Basil Risotto (contains:celery)</p> <p><b>VEGETABLES</b> Mashed Potato (contains: milk), Non-Dairy Mashed Potato Broccoli Florets &amp; Zero Waste Carrots</p> <p><b>DESSERT</b> Apple Crumble (contains: wheat) with Custard (contains: milk)</p>	 <p><b>TACO TUESDAY</b></p> <p><b>MAIN</b> Mexican Beef Chilli Taco (may contain: wheat, barley, oats, rye) Jalapeno, Salsa, Sour Cream, Guacamole (contains: milk) Non-Gluten available</p> <p><b>PLANT POWER</b> Bean &amp; Vegetable Chilli Taco (may contain: wheat, barley, oats, rye) Non-Gluten available</p> <p><b>VEGETABLES</b> Coriander &amp; Lime Rice Pico de Gallo (tomato, onion &amp; coriander salad) Mexican Coleslaw</p> <p><b>DESSERT</b> Cinnamon Churro Chips (contains: wheat) Honey Greek Yoghurt (contains: milk)</p>	<p><b>Wednesday</b></p> <p><b>MAIN</b> Rosemary &amp; Thyme Breaded Chicken Thigh (contains: wheat) Non-Gluten Rosemary &amp; Thyme Breaded Chicken Thigh Non-Gluten Vegetarian Gravy</p> <p><b>PLANT POWER</b> Vegetable, Bean &amp; Lentil Loaf Cake (may contain wheat) Non-Gluten Vegetarian Gravy</p> <p><b>VEGETABLES</b> Roasted Potatoes Garden Peas &amp; Zero Waste Carrots</p> <p><b>DESSERT</b> Rice Pudding (contains: milk) with a Fresh Fruit Sauce (contains: sulphites)</p>
<p><b>Thursday</b></p> <p><b>MAIN</b> Rich Beef Lasagne (contains: wheat, milk, egg) Garlic Bread (contains: wheat, may contain milk &amp; soy) Non-Gluten &amp; Non-Dairy Beef Bolognaise Pasta</p> <p><b>PLANT POWER</b> Chickpea, Vegetable &amp; Tomato Loaf with a Tomato Sauce (contains: milk, may contain wheat)</p> <p><b>VEGETABLES</b> Sweetcorn &amp; Green Beans</p> <p><b>DESSERT</b> Banana Cake (contains: wheat) Cream (contains: milk)</p>	<p><b>Friday</b></p> <p><b>MAIN</b> Hot Dog (contains: wheat, sulphites, may contain sesame) Non-Gluten Sausage (may contain sulphites) Thin Crust Pepperoni Pizza (contains: wheat, milk)</p> <p><b>PLANT POWER</b> Vegan Quorn Sausage (contains: wheat) Thin Crust Mozzarella Pizza (contains: wheat, milk)</p> <p><b>VEGETABLES</b> Chipped Potatoes, Garden Peas or Baked Beans</p> <p><b>DESSERT</b> Strawberry Cheesecake Pot (contains: wheat, may contain egg &amp; soy)</p>	<p><b>Pasta &amp; Jacket Potato, Salad &amp; Soup Bar</b></p> <p><b>PASTA BAR</b> Plain &amp; Wholemeal Pasta of the Day (contains: wheat) Non-Gluten Pasta available Tomato, Red Lentil &amp; Basil Sauce (contains: milk, may contain wheat) Dairy-Free &amp; Non-Gluten Tomato &amp; Basil Sauce</p> <p>Green Pesto Dressing (contains: milk) Red Pesto Dressing (contains: milk) Garlic Olive Oil</p> <p><b>DAILY JACKET POTATO BAR</b> Jacket Potato loaded with Tuna Mayonnaise (contains: egg, fish); Baked Beans; Cheddar Cheese (contains: milk)</p> <p><b>SALAD BAR</b> A selection of self-help basic and composite salads &amp; accompaniments</p> <p><b>SOUP OF THE DAY &amp; THAI NOODLE POTS</b> Accompanied with a selection of Freshly Baked bread</p> <p><b>DESSERTS</b> A selection of fresh fruit, yoghurt pots, jellies, and a cake of the day</p>

# Pre-School & Infants



# WEEK ONE Pre-School & Infants

Monday	Tuesday	Wednesday
<p><b>MAIN</b> Beef Bolognese Pasta Bake (contains: wheat, milk) <i>Non-Dairy &amp; Non-Gluten Beef Bolognese &amp; Pasta</i></p> <p><b>PLANT POWER</b> Vegan Mushroom &amp; Spinach Spaghetti (contains: wheat, soya)</p> <p><b>VEGETABLES</b> Sweetcorn &amp; Green Beans</p> <p><b>DESSERT</b> Fruit Crumble (contains: wheat) with Custard (contains: milk)</p>	<p><b>MAIN</b> Chicken &amp; Vegetable Hot Pot (contains: celery) Homemade Sausage Roll (contains: wheat, sulphites)</p> <p><b>PLANT POWER</b> Thai Sweet Potato Curry Steamed Rice</p> <p><b>VEGETABLES</b> Roasted New Potatoes Savoy Cabbage &amp; Zero Waste Carrots</p> <p><b>DESSERT</b> Chocolate Orange Sponge (contains: wheat) with Custard (contains: milk)</p>	<p><b>MAIN</b> Old English Cumberland Sausages (contains: wheat, sulphites) <i>Non-Gluten Sausages (contains: sulphites)</i> <i>Non-Gluten Vegetarian Gravy</i></p> <p><b>PLANT POWER</b> Vegan Quorn Sausages (contains: wheat)</p> <p><b>VEGETABLES</b> Creamed Mashed Potato (contains: milk) <i>or Non-Dairy Mashed Potato</i> Garden Beans &amp; Baked Beans</p> <p><b>DESSERT</b> Jam &amp; Coconut Sponge (contains: wheat, sulphites) Custard (contains: milk)</p>
 <p><b>Thursday: Greek Goodness</b></p>	<p><b>Friday</b></p>	<p><b>Pasta &amp; Jacket Potato, Salad &amp; Soup Bar</b></p>
<p><b>MAIN</b> Chicken Souvlaki served with pitta bread (contains: wheat), Tzatziki (contains: milk, sulphites), Iceberg Lettuce and Sliced Tomato Breaded Chicken Bites (contains: wheat)</p> <p><b>PLANT POWER</b> Gigantes Plake (contains: celery) (this is a Greek-style butter bean &amp; tomato stew)</p> <p><b>VEGETABLES</b> Lemon &amp; Garlic Roasted Mids (contains: sulphites) Greek Salad (contains: milk, wheat) Sautéed Potatoes Broccoli</p> <p><b>DESSERT</b> Portokalopita (Greek Orange Cake) (contains: wheat, milk, egg) with Cream (contains: milk)</p>	<p><b>MAIN</b> Sausage Roll (contains: wheat, milk, soy, sulphites) Ham &amp; Cheese Panini (contains: wheat, milk, may contain soy) <i>Non-Gluten Fishcake (contains: fish)</i> Fish Fingers (contains: wheat, fish)</p> <p><b>PLANT POWER</b> Roasted Pepper Cheese Panini (contains: wheat, milk, may contain soy)</p> <p><b>VEGETABLES</b> Chipped Potatoes, Garden Peas, Baked Beans</p> <p><b>DESSERT</b> Lemon Cheesecake Pots (contains: wheat, milk, egg, sulphites, may contain soy)</p>	<p><b>PASTA BAR</b> Plain &amp; Wholemeal Pasta of the Day (contains: wheat) Non-Gluten Pasta available Tomato, Red Lentil &amp; Basil Sauce (contains: milk, may contain wheat) <i>Dairy-Free &amp; Non-Gluten Tomato &amp; Basil Sauce</i></p> <p>Green Pesto Dressing (contains: milk) Red Pesto Dressing (contains: milk) Garlic Olive Oil</p> <p><b>DAILY JACKET POTATO BAR</b> Jacket Potato loaded with Tuna Mayonnaise (contains: egg, fish); Baked Beans; Cheddar Cheese (contains: milk)</p> <p><b>SALAD BAR</b> A selection of self-help basic and composite salads &amp; accompaniments</p> <p><b>SOUP OF THE DAY &amp; THAI NOODLE POTS</b> Accompanied with a selection of Freshly Baked bread</p> <p><b>DESSERTS</b> A selection of fresh fruit, yoghurt pots, jellies, and a cake of the day</p>

# WEEK TWO Pre-School & Infants



## Monday: Taste of India

### MAIN

Chicken & Lentil Dhansak (contains: mustard, celery, may contain wheat)

Non-Gluten available

Chicken Meatballs in a Tomato Sauce

Penne Pasta (contains: wheat)

Non-Gluten pasta available

### PLANT POWER

Sweet Potato & Chickpea Saag (contains: mustard, celery)

### VEGETABLES

Steamed White Rice

Aloo Gobi (spiced cauliflower & potato - contains: mustard)

Garden Peas

### DESSERT

Rice Kheer (Indian Rice Pudding)

## Tuesday

### MAIN

Cottage Pie (contains: milk)

Non-Dairy Cottage Pie

Non-Gluten Vegetarian Gravy

### PLANT POWER

Vegan Leek & Spinach Risotto

### VEGETABLES

Fresh Broccoli Florets

Baked Beans

### DESSERT

Marble Sponge (contains: wheat)

with Custard (contains: milk)

## Wednesday

### MAIN

Chicken Arrabbiata Pasta Bake (contains: wheat, milk)  
Garlic Bread (contains: wheat, may contain milk and soy)

Non-Gluten available

Non-Dairy available

### PLANT POWER

Roasted Vegetable Lasagne (contains: wheat, milk, egg, celery)

Garlic Bread (contains: wheat, may contain milk and soy)

### VEGETABLES

Mixed Salad

Broccoli Florets

### DESSERT

Chocolate Sponge (contains: wheat)  
with Chocolate Custard (contains: milk)

## Thursday

### MAIN

Roast Pork

Sage & Onion Stuffing (contains: wheat)

Non-Gluten Vegetarian Gravy

Chicken Burger (contains: wheat, may contain sesame)

### PLANT POWER

Vegan Country Vegetable Pie (contains: wheat, celery)

Non-Gluten Vegetarian Gravy

### VEGETABLES

Roast Potatoes

Shredded Savoy Cabbage & Zero Waste Carrots

Baked Beans

### DESSERT

Apple Crumble (contains: wheat, may contain sesame)

Custard (contains: milk)

## Friday

### MAIN

Crispy Battered Pollock (contains: pollock, wheat)

Fishcake (contains: wheat, fish)

Non-Gluten Fishcake (contains: cod)

Tartare Sauce (contains: egg, mustard) & Lemon Wedges

Curry Sauce (contains: milk, mustard)

Jumbo Sausage (contains: wheat, sulphites)

Non-Gluten Sausage (contains: sulphites)

### PLANT POWER

Roast Pepper, Spinach & Leek Quiche (contains: wheat, milk, egg)

Vegan Quorn Sausages (contains: wheat)

### VEGETABLES

Chipped Potatoes, Garden Peas or Baked Beans

### DESSERT

Toffee Cheesecake Pot

(contains: wheat, milk, may contain egg & soy)

## Pasta & Jacket Potato, Salad & Soup Bar

### PASTA BAR

Plain & Wholemeal Pasta of the Day (contains: wheat)

Non-Gluten Pasta available

Tomato, Red Lentil & Basil Sauce (contains: milk, may contain wheat)

Dairy-Free & Non-Gluten Tomato & Basil Sauce

Green Pesto Dressing (contains: milk)

Red Pesto Dressing (contains: milk)

Garlic Olive Oil

### DAILY JACKET POTATO BAR

Jacket Potato loaded with Tuna Mayonnaise (contains: egg, fish);

Baked Beans; Cheddar Cheese (contains: milk)

### SALAD BAR

A selection of self-help basic and composite salads & accompaniments

### SOUP OF THE DAY & THAI NOODLE POTS

Accompanied with a selection of Freshly Baked bread

### DESSERTS

A selection of fresh fruit, yoghurt pots, jellies, and a cake of the day



# WEEK THREE Pre-School & Infants

 <p><b>Monday</b></p> <p><b>The Italian Job</b> Slow Cooked Pork Ragu (contains: celery) Ham &amp; Cheese or Cheese &amp; Tomato Pizza Muffin (contains: wheat, milk, may contain sesame)</p> <p><b>PLANT POWER</b> Roasted Vegetable &amp; Basil Risotto (contains:celery)</p> <p><b>VEGETABLES</b> Mashed Potato (contains: milk), Non-Dairy Mashed Potato Potato Wedges Baked Beans Broccoli Florets &amp; Zero Waste Carrots</p> <p><b>DESSERT</b> Apple Crumble (contains: wheat) with Custard (contains: milk)</p>	 <p><b>TACO TUESDAY</b></p> <p><b>MAIN</b> Mexican Beef Chilli Taco (may contain: wheat, barley, oats, rye) Jalapeno, Salsa, Sour Cream, Guacamole (contains: milk) Beef Bolognese Pasta Bake (contains: wheat, milk) Non-Gluten available</p> <p><b>PLANT POWER</b> Bean &amp; Vegetable Chilli Taco (may contain: wheat, barley, oats, rye) Non-Gluten available</p> <p><b>VEGETABLES</b> Coriander &amp; Lime Rice Pico de Gallo (tomato, onion &amp; coriander salad) Mexican Coleslaw</p> <p><b>DESSERT</b> Cinnamon Churro Chips (contains: wheat) Honey Greek Yoghurt (contains: milk)</p>	<p><b>Wednesday</b></p> <p><b>MAIN</b> Rosemary &amp; Thyme Breaded Chicken Thigh (contains: wheat) Non-Gluten Rosemary &amp; Thyme Breaded Chicken Thigh Plain Grilled Chicken Thigh Non-Gluten Vegetarian Gravy</p> <p><b>PLANT POWER</b> Vegetable, Bean &amp; Lentil Loaf Cake (may contain wheat) Non-Gluten Vegetarian Gravy</p> <p><b>VEGETABLES</b> Roasted Potatoes Garden Peas &amp; Zero Waste Carrots</p> <p><b>DESSERT</b> Rice Pudding (contains: milk) with a Fresh Fruit Sauce (contains: sulphites)</p>
<p><b>Thursday</b></p> <p><b>MAIN</b> Rich Beef Lasagne (contains: wheat, milk, egg) Garlic Bread (contains: wheat, may contain milk &amp; soy) Non-Gluten &amp; Non-Dairy Beef Bolognese Pasta</p> <p><b>PLANT POWER</b> Chickpea, Vegetable &amp; Tomato Loaf with a Tomato Sauce (contains: milk, may contain wheat)</p> <p><b>VEGETABLES</b> Sweetcorn &amp; Green Beans</p> <p><b>DESSERT</b> Banana Cake (contains: wheat) Cream (contains: milk)</p>	<p><b>Friday</b></p> <p><b>MAIN</b> Hot Dog (contains: wheat, sulphites, may contain sesame) Non-Gluten Sausage (may contain sulphites) Thin Crust Pepperoni Pizza (contains: wheat, milk) Fishcake (contains: wheat)</p> <p><b>PLANT POWER</b> Vegan Quorn Sausage (contains: wheat) Thin Crust Mozzarella Pizza (contains: wheat, milk)</p> <p><b>VEGETABLES</b> Chipped Potatoes, Garden Peas or Baked Beans</p> <p><b>DESSERT</b> Strawberry Cheesecake Pot (contains: wheat, may contain egg &amp; soy)</p>	<p><b>Pasta &amp; Jacket Potato, Salad &amp; Soup Bar</b></p> <p><b>PASTA BAR</b> Plain &amp; Wholemeal Pasta of the Day (contains: wheat) Non-Gluten Pasta available Tomato, Red Lentil &amp; Basil Sauce (contains: milk, may contain wheat) Dairy-Free &amp; Non-Gluten Tomato &amp; Basil Sauce</p> <p>Green Pesto Dressing (contains: milk) Red Pesto Dressing (contains: milk) Garlic Olive Oil</p> <p><b>DAILY JACKET POTATO BAR</b> Jacket Potato loaded with Tuna Mayonnaise (contains: egg, fish); Baked Beans; Cheddar Cheese (contains: milk)</p> <p><b>SALAD BAR</b> A selection of self-help basic and composite salads &amp; accompaniments</p> <p><b>SOUP OF THE DAY &amp; THAI NOODLE POTS</b> Accompanied with a selection of Freshly Baked bread</p> <p><b>DESSERTS</b> A selection of fresh fruit, yoghurt pots, jellies, and a cake of the day</p>