


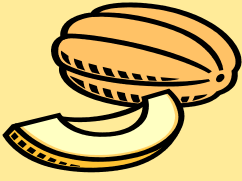



## WESTBOURNE SCHOOL—WEEK 3 LUNCH MENU

The school cafeteria serves a choice of traditional main meals with a vegetarian option. The menu is changed on a five-week rotating cycle. Every day there is a full salad bar selection and alternatives to cooked pudding such as yoghurt or fresh fruit

WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Meal	Breaded Chicken Fillet	Home Roasted Gammon With Pineapple	Homemade Lasagne	Mediterranean Chicken	Baked Fish Fingers / (Senior School - Fish Fillet)
Vegetables	Baked Potato Waffle Baked Beans	Duchess Potatoes Baton Carrots Sweetcorn Cheese Sauce	Potato Skins Garlic Bread	Basmati Rice	French Fries Peas
Vegetarian Option	Vegetable Samosa	Cheese Omelette	Homemade Vegetable Lasagne	Mediterranean Quorn	Vegetable Spring Rolls
Options	Salad Bar	Salad Bar / (Senior School - Jacket Potato)	Salad Bar	Salad Bar	Salad Bar / (Senior School - Jacket Potato)
Dessert	Ice Cream Chocolate Sauce	Iced Cherry Sponge Custard	Cheesecake	Peach Crumble Custard	Chocolate Brownie Vanilla Sauce
	Yoghurt	Yoghurt	Yoghurt	Yoghurt	Yoghurt
	 Fresh Fruit	 Fresh Fruit	 Fresh Fruit	 Fresh Fruit	 Fresh Fruit

Breakfast is served daily from 8-00am to 8-25am