


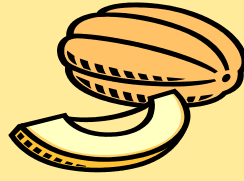



WESTBOURNE SCHOOL—WEEK 4 LUNCH MENU

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 4	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Meal	Sausage	Home Roasted Lamb	Meatballs in Tomato Sauce	Chicken Fillet	Homemade Steak Pie
Vegetables	French Fries Spaghetti Hoops	Boiled Potatoes Baton Carrots Green Beans	Pasta Spirals	Basmati Rice Mushroom Sauce	Creamed Potatoes Peas / Carrots
Vegetarian Option	Vegetarian Sausage	Vegetarian Kiev	Vegetarian Balls in Tomato Sauce	Quorn Fillet	Chunky Vegetable Pie
Options	Salad Bar	Salad Bar / (Senior School - Jacket Potato)	Salad Bar	Salad Bar	Salad Bar / (Senior School - Jacket Potato)
Dessert	Apple Crumble Custard	Waffle and Ice Cream	Chocolate Sponge Chocolate Sauce	Pancake Summer Berries Cream	Chocolate Chip Sponge Custard
	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