






WESTBOURNE SCHOOL—WEEKS 1/5/9/13 – AUTUMN LUNCH MENU

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

ALLERGIES: Please note that fish, chips, rustic potato slices, sautéed diced potatoes and roast potatoes are all cooked in the same oil.

All items highlighted in Orange contain one or more of the 14 major allergens. Details are available from the kitchen staff.

WEEK 1/5/9/13	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Meal	Breaded Chicken Fillet	Slow roasted Salmon cut Beef with Yorkshire Pudding	Pork Meatballs in Tomato Sauce	Chicken Fajitas	Baked Cod Fillet Fingers (Senior School Battered Cod Loin)
	Minted Potatoes Green Beans	Roast Potatoes Fresh Carrots, Seasonal Greens	Whole Wheat Fusilli Pasta	Savoury Rice	Chips Petit Pois
Vegetarian Option	Vegetable Kiev	Quorn Fillet	Vegetarian Quorn Balls in Tomato Sauce	Vegetarian Fajitas	Cheese Omelette
Salad Bar	Cold Meats Tomato Relish	Cheese and fish Variety of Breads	Homemade Coleslaws	Waldorf Salad (no nuts) Potato Salads	Selection of Fresh salad Vegetables
Jacket Potato (Y6—Y11)		Hot and cold fillings			Hot and cold fillings
Dessert	Vanilla Cheesecake	Lemon Drizzle Cake with Custard	Belgian Chocolate Topped Chocolate Sponge with Chocolate Sauce	Homemade Pear & Toffee Crumble with cream	Fruit Flap Jack with 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