


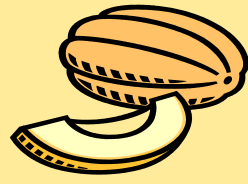



WESTBOURNE SCHOOL—WEEKS 3/7/11 AUTUMN LUNCH MENU

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 3/7/11	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Meal	Breaded Fish Cakes	Toad in the hole	Mediterranean Chicken	Homemade Deep Filled Lasagne	Chicken Chow Mein
	Mini Potato Waffles Garden Peas	Creamy Mashed Potatoes Fresh Carrots Savoy Cabbage	Basmati Rice	Garlic Bread	Noodles
Vegetarian Option	Cheese & Vegetable Bake	Vegetarian Toad in the hole	Mediterranean Quorn	Homemade Vegetarian Lasagne	Vegetarian Chow Mein
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	Homemade Rice Pudding with Strawberry Jam	Waffle with Warm Toffee Sauce	Pineapple Upsidedown Pudding with custard	Treacle Sponge with Custard	Oaty Cherry Crumble With Cream
	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