






WESTBOURNE SCHOOL—WEEKS 4/8/12 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 4/8/12	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Meal	Oven Cooked Pork Sausage (SS—Hot Dogs)	Homemade Steak Pie	Chinese Chicken With Curry sauce	Margherita Pizza (Pizza of the week—Seniors only)	Homemade Chicken and Sweetcorn Pasta Bake
	Chips Baked Beans	Roast Potatoes Baton Carrots Brussels Sprouts	Spring Roll Basmati Rice	Sauteed Diced Potatoes Petit Pois	Garlic Dough Balls
Vegetarian Option	Vegetarian Quorn Sausages	Homemade Chunky Vegetable Pie	Chinese Quorn	Margherita Pizza	Homemade Quorn and Sweetcorn Pasta Bake
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	Iced Sponge with Custard	Fruit Jelly with Cream (contains Gelatin)	Chocolate Fudge topped Vanilla Sponge Custard	Pancake Summer Berries Cream	Chocolate Brownie Vanilla Ice 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