


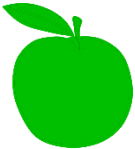



WESTBOURNE SCHOOL – WEEKS 2/6/10 SPRING LUNCH MENU

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 2/6/10	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Meal	100% Beefburger in a bun Cheese Slice	Chicken Korma	Honey Roast Gammon with Pineapple	Lean Minced Beef Spaghetti Bolognese	Baked Cod Fish Fingers
	Chunky Chips Sweetcorn	Wholegrain Basmati Rice Naan Bread	Parsley Potatoes Fresh Carrots Cauliflower Cheese	Garlic Bread	Chips Baked beans
Vegetarian Option	Vegetable Burger in a bun	Vegetarian Korma (Quorn)	Cheese & Onion Slice	Vegetarian Mince Bolognese Spaghetti	Vegetable Fingers
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	Chocolate Roly Poly Pudding with Custard	Choc Chip Sponge & Custard	Meringue Nest with Strawberry Fruit Filling and Cream	Homemade Bread & Butter Pudding Cream	Homemade Shortcake Finger with Strawberry Yoghurt
	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