


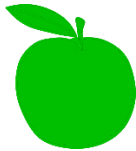



## WESTBOURNE SCHOOL – WEEKS 3/7/11/ SPRING LUNCH MENU

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 3/7/11	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Main Meal</b>	Breaded Fish Cakes	Toad in the hole	Mediterranean Chicken	Pork meatball Bolognese	Chicken Fillets
	Mini Potato Waffles Garden Peas	Creamy Mashed Potatoes Fresh Carrots Savoy Cabbage	Basmati Rice	Spaghetti	Roast Potatoes Peas & Carrots
<b>Vegetarian Option</b>	Cheese & Vegetable Bake	Vegetarian Toad in the hole	Mediterranean Quorn	Vegetarian Quorn Ball Bolognese	Quorn Fillet
<b>Salad Bar</b>	Cold Meats Tomato Relish	Cheese and fish Variety of Breads	Homemade Coleslaws	Waldorf Salad (no nuts) Potato Salads	Selection of Fresh salad Vegetables
<b>Jacket Potato (Y6 – Y11)</b>		Hot and cold fillings			Hot and cold fillings
<b>Dessert</b>	Homemade Rice Pudding with Strawberry Jam	Waffle with Warm Toffee Sauce	Salted Caramel topped Sponge with Custard	Treacle Sponge with Custard	Chocolate Brownie with 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