

## WESTBOURNE SCHOOL

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, sauteed sliced potatoes, herby crispy cubes, potato waffles 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<br>Yorkshire pudding | Pork meatballs in tomato sauce                              | Chicken fajitas                             | Baked fillet fish fingers (SS)<br>Battered Cod Loin |
|                          | Sauteed sliced potatoes<br>Green Beans  | Roast potatoes<br>Fresh carrots<br>Broccoli       | Wholewheat fusilli pasta                                    | Tortilla chips                              | Chips<br>Petit Pois                                 |
| Vegetarian Option        | Vegetable Kiev  | Quorn Fillet                                      | Vegetarian Quorn balls in tomato sauce                      | Vegetarian fajitas                          | Cheese omelette                                     |
| Halal                    | Breaded chicken fillet  | Slow roasted salmon cut beef                      | Beef meatballs in tomato sauce                              | Chicken fajitas                             | Baked fillet fish fingers (SS)<br>Battered cod loin |
| Salad Bar                | Cold meats, Cheese and fish, pasta dishes & homemade sides, with a selection of fresh salad vegetables and a variety of Breads. |   |   |   |   |
| Jacket Potato (Y6 – Y11) |   | A choice of 2 hot fillings and 2 cheeses          |   |   | A choice of 2 hot fillings and 2 cheeses            |
| Dessert                  | Ice cream roll  | Lemon drizzle cake and custard                    | Belgian chocolate topped chocolate sponge & chocolate sauce | Homemade pear and toffee crumble with cream | Flapjack<br>Pink sauce                              |
|                          | Yoghurt   | Yoghurt   | Yoghurt   | Yoghurt                                     | Yoghurt   |
|                          | Fresh fruit   | Fresh Fruit                                       | Fresh Fruit   | Fresh Fruit                                 | Fresh Fruit   |