

## 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 3/7/11	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Meal	Breaded chicken fillet	Toad in the hole	Mediterranean chicken	Meatball bolognese	Baked fillet fish fingers
	Mini potato waffles Petit pois	Creamy mashed potatoes Fresh carrots Savoy cabbage	Basmati Rice	Pasta twists	Chips Baked beans
Vegetarian Option	Chicken style vegan burger	Vegetarian toad in the hole	Mediterranean Quorn	Quorn ball bolognese	Vegetable fingers
Halal	Breaded chicken fillet	Toad in the hole	Mediterranean chicken	Meatball bolognese	Baked fillet fish fingers
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	Homemade rice pudding with strawberry jam	Waffle with warm toffee sauce	Salted caramel topped sponge with custard	Treacle sponge with custard	Chocolate brownie Vanilla Ice cream
	Yoghurt	Yoghurt	Yoghurt	Yoghurt	Yoghurt
	Fresh fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit