

Westbourne Academy | Week Three



Menu for Week Commencing: 20/01, 10/02, 31/03

Lower Carbon Footprint
(v) Vegetarian
(ve) Vegan

Allergen information may be obtained verbally by contacting the Catering Manager

	Mon	Tues	Wed	Thu	Fri
Main Option One	Mac n cheese Baked cheesy pasta topped with BBQ chicken and onion	Pork meatball pasta in a fresh tomato sauce	Roast chicken with seasonal vegetables, stuffing, roast potatoes and gravy	Beef Lasagne Topped with cheese and served with garlic bread	Southern fried chicken with chips
Main Option Two	Sweet chilli Quorn fillet with rice and corn on the cob	Noodles in black bean sauce with stir fry veg and tofu	Quorn sausages with seasonal vegetables, roast potatoes and gravy	Veg lasagne Topped with cheese and served with garlic bread	Fishcake with chips
Grab & Go	Cheesy pasta Chicken Makhani & rice Chicken pita	Veg Rogan Josh & rice Sweet chilli chicken pasta Chicken pita	Tomato pasta Chicken tikka masala & rice Chicken pita	Veg noodle pot Italian chicken pasta Chicken pita	Quorn burger Chicken burger
Dessert	Pancakes with mixed berries	Chocolate sponge	Watermelon slices or Cherry muffin	Golden baked Flapjack	Vanilla crunch served with custard
Daily Available All Week	A selection of fresh salads, baguettes, sandwiches, jacket potatoes, fruit pots and yogurts available each day.				