

Westbourne Academy | Week One



Menu for Week Commencing:01/09, 22/09, 13/10

 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	Beef bolognese in a tomato ragu served with pasta and salad	SUB CLUB Build your own subs	Jerk Chicken served with spicy rice	Beef Kofta flat bread served with crispy potatoes and flat and salad	Battered Fish served with chips, curry sauce and peas
Main Option Two	Planet friendly bolognese in a tomato ragu served with pasta and salad	SUB CLUB Build your own subs	Jamaican Veg Curry with spicy rice	Halloumi flat bread served with crispy potatoes and salad	Battered fish served with chips, curry sauce and peas
Grab & Go	Cheesy pasta Pot Chicken pita Cheese beans jacket potato	Tomato Pasta Pot Chicken pita Cheese beans jacket potato	Chicken & Chorizo pasta pot Chicken pita Cheese beans jacket potato	Jerk chicken rice pot Chicken pita Cheese beans jacket potato	Quorn burger Chicken burger
Dessert	Sprinkle topped doughnuts	Watermelon slice or lemon muffin	Chocolate brownie	Rice crispy cake	Marble cake
Daily Available All Week	A selection of fresh salads, baguettes, sandwiches, fruit pots available each day. See The Speedy Bar for daily options				

Academy Name | Week Two



Menu for Week Commencing: 08/09, 29/09, 20/10

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	Smokey beef chilli served with rice, corn salsa	SUB CLUB Build your own subs	Loaded Mac and Cheese served with salad	Cajun spiced fish, Rice and corn on the cob	Southern fried chicken with chips
Main Option Two	Quorn chilli served with rice, corn salsa	SUB CLUB Build your own subs	Mac n cheese with crispy onion topping Served with salad	Cajun stuffed peppers, Served with rice and corn on the cob	Quorn Southern fried chicken with chips
Grab & Go	Cheesy pasta pot Chicken pita Cheese beans jacket potato	Chicken pita Cheese beans jacket potato	Mac & cheese pasta pot Chicken pita Cheese beans jacket potato	Chicken & Chorizo pasta pot Chicken pita Cheese beans jacket potato	Quorn burger Chicken burger Chips
Dessert	Chocolate eclair	Watermelon slice or vanilla muffin	Chocolate orange sponge	Cornflake Tart	Iced vanilla sponge
Daily Available All Week	A selection of fresh salads, baguettes, sandwiches and fruit pots available each day. See The Speedy Bar for daily options				

Westbourne Academy | Week Three



Menu for Week Commencing: 15/09, 13/10

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	Beef Lasagne Topped with cheese and served with garlic bread and salad	SUB CLUB Build your own subs	Fajita chicken Bowl with rice salad and a tortilla wrap	Meatballs in spicy a tomato sauce served with Roasted vegetable couscous	Battered Fish served with chips, curry sauce and peas
Main Option Two	Veg lasagne Topped with cheese and served with garlic bread and salad	SUB CLUB Build your own subs	Quorn Fajita Bowl with rice salad and a tortilla wrap	Vegetarian Meatballs in a spicy tomato sauce served with roasted vegetable couscous	Battered Fish served with chips, curry sauce and peas
Grab & Go	Cheesy pasta pot Chicken pita Cheese beans jacket potato	Tomato Pasta Pot Chicken pita Cheese beans jacket potato	Chicken & Chorizo pasta pot Chicken pita Cheese beans jacket potato	Chicken Burritos Chicken pita Cheese beans jacket potato	Quorn burger Chicken burger Chips
Dessert	Pancakes with mixed berries	Watermelon slices or Cherry muffin	Vanilla crunch	Fruit trifle	Golden baked Flapjack
Daily Available All Week	A selection of fresh salads, baguettes, sandwiches, jacket potatoes, fruit pots and yogurts available each day.				