

Westbourne Academy | Week One



Menu for Week Commencing:03/11, 24/11, 15/12

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 bolognaise in a tomato ragu served with pasta and salad	SUB CLUB Build your own subs	Jerk Chicken served with spicy rice	Sausage and Mash served with gravy and peas	Battered Fish served with chips, curry sauce
Main Option Two	Planet friendly bolognaise in a tomato ragu served with pasta and salad	SUB CLUB Build your own subs	Jamaican Veg Curry with spicy rice	Quorn Sausage and mash served with gravy and peas	Battered fish served with chips, curry sauce
Grab & Go	Cheesy pasta Pot Chicken pita Cheese beans jacket potato	Tomato Pasta Pot Chicken pita Cheese beans jacket potato	Chicken pot Chicken pita Cheese beans jacket potato	Jerk chicken rice pot Chicken pita Cheese beans jacket potato	Fish and chips
Dessert	Sprinkle topped doughnuts	Watermelon slice or lemon muffin	Rice Crispy Cake	Apple Crumble Served with custard	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: 10/11,1/12

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	Chicken Curry served with rice and Naan bread	SUB CLUB Build your own subs	Loaded Mac and Cheese served with salad	Roast chicken, roast potatoes ,stuffing and Vegetables With gravy	Southern fried chicken with chips
Main Option Two	Quorn Chicken Curry served with rice and Naan bread	SUB CLUB Build your own subs	Mac n cheese with crispy onion topping Served with salad	Quorn Vegan Fillets, roast potatoes, stuffing, vegetables with gravy	Quorn Southern fried chicken with chips
Grab & Go	Cheesy pasta pot Chicken pita Cheese beans jacket potato	Tomato pasta Chicken pita Cheese beans jacket potato	Mac & cheese pasta pot Chicken pita Cheese beans jacket potato	Chicken pasta pot Chicken pita Cheese beans jacket potato	Quorn burger Southern fried Chicken 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: 17/11,8/12

 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	Cottage Pie served with vegetables	Sausages 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 cottage pie served with Vegetables	Quorn sausage 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 pasta pot Chicken pita Cheese beans jacket potato	Chicken Burritos Chicken pita Cheese beans jacket potato	Quorn sausage Pork sausage Chips
Dessert	Chocolate waffles served with cream	Watermelon slices or Cherry muffin	Vanilla cheese cake pot	Syrup sponge served with custard	Golden baked Flapjack
Daily Available All Week	A selection of fresh salads, baguettes, sandwiches, jacket potatoes, fruit pots and yogurts available each day.				