

# Westbourne Academy | Week One

Menu for Week Commencing: 05/01, 26/01

 Lower Carbon Footprint  
 (v) Vegetarian  
 (ve) Vegan

Allergen information may be obtained verbally by contacting the Catering Manager



**Main**  
Option One

Beef bolognese in a tomato ragu served with pasta and salad

**Main**  
Option Two

Planet friendly bolognese in a tomato ragu served with pasta and salad

**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: 12/01,02/02

 Lower Carbon Footprint  
 (v) Vegetarian  
 (ve) Vegan

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	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: 19/01/9/02

 Lower Carbon Footprint  
 (v) Vegetarian  
 (ve) Vegan

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**Main**  
Option One

**Mon**  
Beef Lasagne  
Topped with cheese and served with garlic bread and salad

**Tues**  
SUB CLUB  
Build your own subs

**Wed**  
Fajita chicken  
Bowl with rice salad and a tortilla wrap

**Thu**  
Cottage Pie served with vegetables

**Fri**  
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.