

Lunch Menu



Westbourne
House School
CHICHESTER

Monday

butchers best Cumberland
sausages or
vegetarian sausages (v)
with gravy
*
mashed potatoes
baked beans
garden peas
*
pasta with tomato sauce (v)
*
sweetcorn
garden peas
*
apple crumble with custard

Tuesday

diced chicken chasseur
sliced mushrooms & bacon
in tomato sauce
*
quorn chicken chasseur (v)
*
sliced new potatoes
mixed green vegetables
*
nut free pasta pesto with
toasted pumpkin &
sunflower seeds (v)
*
coconut rice pudding
with pineapple chunks

Wednesday

chilli con carne
*
vegetarian bolognese (v)
*
boiled long grain rice
guacamole
tortilla chips
soured cream
*
pasta carbonara with bacon
*
rich chocolate krispie cake

Thursday

roasted breast of turkey
served with pan gravy
*
meatless steak with
vegetarian gravy (v)
*
steamed broccoli
crispy roasted potatoes
*
pasta in roasted
red pepper sauce (v)
*
lime jelly & ice cream

Friday

breaded and fried,
whole chicken breast fillet
'nuggets'
*
southern fried mock chicken
fillet 'nuggets' (v)
*
French fries
petit pois
baked beans
*
pasta with tomato sauce (v)
*
butterscotch mousse

Everyday Delights....

A range of fresh tasty salads
Baked potatoes and sweet potatoes available daily with hot and cold toppings
Yoghurt, chilled desserts and freshly cut fruit served daily

SESAME AND NUT FREE MENU