

# Lunch Menu



Westbourne  
House School  
CHICHESTER

## Monday

spaghetti bolognese  
with garlic bread  
\*  
vegetarian bolognese with  
garlic bread (v)  
\*  
peas & sweetcorn  
\*  
pasta with roasted red  
pepper sauce (v)  
\*  
apple sponge with custard

## Tuesday

katsu chicken with toasted  
breadcrumbs and katsu sauce  
(on the side)  
\*  
quorn fillet katsu with  
toasted breadcrumbs and  
katsu sauce (on the side) (v)  
\*  
jasmine rice,  
prawn crackers,  
mixed fresh vegetables  
\*  
pasta in tomato sauce (v)  
\*  
chocolate & marshmallow  
shortbread

## Wednesday

cottage pie with beef mince  
and a creamy mashed potato  
topping  
\*  
jacket potatoes  
with cheese (v)  
\*  
green beans,  
sugar snap peas  
\*  
nut free pesto pasta (v)  
\*  
fruit & yoghurt

## Thursday

hand sliced honey & grain  
mustard baked gammon  
\*  
quorn fillet with  
vegetarian gravy (v)  
\*  
crispy roast potatoes  
with thyme  
steamed broccoli  
\*  
pasta bolognese  
\*  
spotted dog with chocolate  
& chocolate sauce

## Friday

sustainable fish fillet  
in batter with tartar sauce &  
lemon wedges  
\*  
fishless fillet with tartar sauce  
& lemon wedges (v)  
\*  
skinny French fries  
petit pois  
baked beans  
\*  
pasta with chicken in  
white sauce with  
fresh herbs  
\*  
raspberry & white chocolate  
tray bake

## Everyday Delights....

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

**NUT AND SESAME FREE MENU**