

Lunch Menu



Westbourne
House School
CHICHESTER

Monday

beef meatballs in tomato
sauce served with penne pasta



cheese omelettes with
fresh herbs



sweetcorn
garden peas



pasta with tomato sauce (v)



chocolate brioche
bread & butter pudding
with custard

Tuesday

lamb hot pot with fresh
vegetables



chickpea, spinach &
butternut squash curry with
brown rice & coconut milk,
poppadums, mango
chutney (v)



boiled rice
saute cabbage
petit pois



nut free pasta pesto with
toasted pumpkin &
sunflower seeds (v)



creamy rice pudding with jam

Wednesday

minced beef & chunky
vegetable pie topped with
Teresa's shortcrust pastry



crushed peas with mint,
olive oil, lemon & garlic with
dressed rocket on
focaccia toast (v)



mixed green vegetables
crushed new potatoes with
olive oil



pasta carbonara with bacon



buttercream vanilla sponge

Thursday

roasted breast of turkey
served with pan gravy



halloumi fries & breaded brie
with sweet chilli sauce & an
apple & carrot salad (v)



steamed broccoli
oven roasted potatoes



pasta in roasted
red pepper sauce (v)



butterscotch angel whirl

Friday

gently spiced, Southern fried,
whole breast chicken fillet
nuggets



pumpkin ravioli with roasted
mushrooms, butternut squash,
parmesan, brown butter &
toasted seeds (v)



French fries
petit pois
baked beans



pasta with tomato sauce (v)



rich chocolate krispie cake

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