

Supper Menu



Westbourne
House School
CHICHESTER

Monday

pan seared chicken breast
with fresh herbs and a
creamy cajun sauce



extra cheesy
macaroni cheese (v)



garlic baguettes
saute broccoli with
sunflower seeds



fresh vegetables and
salad bar



homemade yoghurt
with toppings

Tuesday

Chinese Evening

sweet & sour chicken
crispy beef in sweet chilli
sauce



breaded prawns
spare ribs



stir fried vegetables
noodles
egg fried rice
prawn crackers (v)



fresh vegetables and
salad bar



homemade yoghurt
with toppings

Wednesday

spaghetti bolognese



quorn bolognese



garlic bread



fresh vegetables and
salad bar



homemade yoghurt
with toppings

Thursday

toad in the hole with
butcher's best Cumberland
sausages



vegetarian toad in the hole



roasted tenderstem broccoli
mashed potatoes



fresh vegetables and
salad bar



homemade yoghurt
with toppings

Friday

gammon steaks with
pineapple or a fried egg



vegetable grills topped
with a poached egg



bubble & squeak potatoes



fresh vegetables and
salad bar



homemade yoghurt
with toppings