



Salad Bar, Cheese
and Crackers and
Fresh Fruit available
daily

West House School – Weekly Lunch Menu

 **Week Beginning:** 3rd September, 21st September, 12th October

	Soup & bread roll	Main	Halal Main	Vegetarian Main	On the Side	Chefs Extras	Dessert
Monday	Soup of the day	Planet Friendly Monday Wholemeal cheese and tomato pizza(G,MK)			Seasoned wedges Baked beans	Pasta and Tomato Sauce Jacket Potato	Fruit salad with natural yoghurt (MK)
Tuesday	Soup of the day	Red Thai chicken curry Halal option		Lentil and butternut squash curry	Basmati rice Wholemeal naan bread (G) Broccoli mixed vegetables	Pasta and Tomato Sauce Jacket Potato	Fruit Jelly
Wednesday	Soup of the day	Oven baked sausages Pork (G,SU) Halal chicken sausage(G) Vegetable sausage(G)			Creamy mash Sliced carrots Roasted cauliflower Yorkshire pudding (G,MK,E)	Jacket Potato	Fruit Yoghurt
Thursday	Soup of the day	Wholewheat pasta Bake Chicken and chorizo(G,MK) Halal Chicken (G,MK), Vegan ham and peppers(G,MK)			Sweetcorn Green beans	Pasta and Tomato Sauce Jacket Potato	Homemade Apple and cinnamon flapjack (G)
Friday	Soup of the day	West House Fish Friday Breaded Fish Fingers (G,F)		Vegetable patty(G)	Fries Garden Peas Mushy peas Curry Sauce	Pasta and Tomato Sauce Jacket Potato	Pineapple in natural juice

ALLERGENS

E = Eggs F = Fish G=Cereals containing Gluten Mk = Milk SU = Sulphur Dioxide





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West House School – Weekly Lunch Menu

 **Week Beginning:** 7th September, 28th September,

	Soup & bread roll	Main	Halal Main	Vegetarian Main	On the Side	Chefs Extras	Dessert
Monday	Soup of the day	Planet Friendly Monday Brighter burger			Burger Roll (G) Sweetcorn Peas	Pasta and Tomato Sauce	Strawberry whip with raspberries(MK)
Tuesday	Soup of the day	Sausage plait (G,SU) Pork, Halal, Vegan sausage			Creamy Mash Baked beans Mixed vegetables	Pasta and Tomato Sauce Jacket Potato	Melon Slices: Honeydew and Watermelon
Wednesday	Soup of the day	Sweet and Sour Chick, Halal chicken, Tofu			Noodles(G) Broccoli	Jacket Potato	Fruit Jelly
Thursday	Soup of the day	Mediterranean Wraps Chicken, Halal Chicken, Quorn			Wholemeal Wraps(G) Spicy rice Cucumber sticks Homemade coleslaw	Pasta and Tomato Sauce Jacket Potato	Peaches in juice
Friday	Soup of the day	West House Fish Friday Breaded Fish Fingers (G,F)		Vegetable Fingers (G)	Fries Garden Peas Mushy peas Curry Sauce	Pasta and Tomato Sauce Jacket Potato	Homemade Apple crumble and custard(G,MK)

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West House School – Weekly Lunch Menu

 **Week Beginning:** 14th September, 5th October

	Soup & bread roll	Main	Halal Main	Vegetarian Main	On the Side	Chefs Extras	Dessert
Monday	Soup of the day	Planet Friendly Monday Stir Fry noodles with vegetables and chickpeas			Green beans Mixed vegetables	Pasta and Tomato Sauce Jacket Potato	Rice pudding(MK)
Tuesday	Soup of the day	Puff Pastry Pie Savoury mince and vegetable, Halal Mince, Vegetarian (G)			Broccoli and cauliflower medley New potatoes	Pasta and Tomato Sauce Jacket Potato	Fruit platter
Wednesday	Soup of the day	West House Roast Chicken, Halal chicken or Quorn			Roast potatoes Carrots Roasted cauliflower	Pasta and Tomato Sauce Jacket Potato	Orange Jelly and mandarins
Thursday	Soup of the day	Lasagne (G,MK) Beef, Halal Beef, Vegetable			Roast vegetables broccoli	Pasta and Tomato Sauce Jacket Potato	Homemade Shortbread(G)
Friday	Soup of the day	West House Fish Friday Breaded Fish Fingers (G,F)		Seasoned tofu	Fries Curry sauce(G) Garden Peas Mushy peas	Pasta and Tomato Sauce Jacket Potato	Homemade Blueberry sponge with crème frais(G,E,MK)

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