



WESTHOLME SENIOR SCHOOL FOR GIRLS

LUNCHES

All pupils and staff are expected to take lunch as part of the pastoral life of the School. Service is self-service. Where a pupil has an allergy, this is normally discussed with the pupil/Catering Manager and School Nurse to identify dishes which are acceptable, and if necessary the menu cycle may be slightly adjusted. With at least five main course choices every day, this is not often required. Halal meat is not used, but vegetarian options are always available.

Lunches are based on a two-course meal over a 4 week menu cycle. Local butchers and dairy/fruit/vegetable contractors are used and raw materials are sourced locally and seasonally where possible. We believe our lunches are attractive, nutritious and well-balanced, and in line with our school motto “Mens sana in corpore sano”. We do have chips but not every week! The following is a sample week:

MONDAY

MAIN COURSE

Pork sausages
Vegetarian sausages
Creamed potatoes
Garden peas and/or grilled tomatoes

Hot Jacket Potatoes
Plain or Cream Cheese and Chives

Selection of buffet meats

Broccoli quiche

Variety of salads plus
Caesar salad

SWEET COURSE

Chocolate or Blueberry
Muffins

Grapefruit and mandarin segments

Selection of fresh fruit

Yoghurt

TUESDAY

Chicken Korma
Vegetable Korma
Basmati Rice
Poppadoms and chutney

Hot Jacket Potatoes
Plain or Tuna/Sweetcorn mayonnaise

Selection of buffet meats

Tomato and chive quiche

Variety of salads plus
Greek salad and feta cheese

Ice Cream
Peaches

Yoghurt

Fresh fruit salad

Selection of fresh fruit

WEDNESDAY

Roast Beef and Yorkshire pudding
Vegetarian country bakes
Roast and creamed potatoes
Broccoli and/or baby carrots

Hot Jacket Potatoes
Plain or Cottage Cheese or Baked Beans

Selection of buffet meats

Sweetcorn and herb quiche

Variety of salads plus
Mixed leaf/bacon salad with blue cheese dressing

Apple crumble
Custard

Yoghurt

Fresh fruit salad

Selection of fresh fruit

THURSDAY

Penne pasta with Bolognese sauce
Penne pasta with tomato/basil sauce
Garlic bread slices
Parmesan cheese

Hot jacket potatoes
Plain or prawns/marie rose sauce

Selection of buffet meats

Capsicum quiche

Variety of salads plus
Indian summer salad with coriander/lime

Homemade flapjacks

Yoghurt

Fresh fruit salad

Selection of fresh fruit

FRIDAY

Battered cod
Vegetable goujons
Cod provencale
Roasted potato wedges
Marrowfat peas and/or ratatouille

Hot jacket potatoes
Plain or tomato salsa or baked beans

Selection of buffet meats

Mushroom quiche

Variety of salads plus
Sundried tomatoes/mixed leaf and salami

Jam sponge
Custard

Yoghurt

Fresh fruit salad

Selection of fresh fruit