

# WESTHOLME *Kitchen*

## Junior School Menu Week 1

|                                                                                                              | Monday             | Tuesday                 | Wednesday                    | Thursday                    | Friday                             |
|--------------------------------------------------------------------------------------------------------------|--------------------|-------------------------|------------------------------|-----------------------------|------------------------------------|
| Soup of the Day                                                                                              | Tomato & Basil     | Root Vegetable          | Spiced Cauliflower           | Carrot & Coriander          | Autumn Vegetable                   |
| Meat Main                                                                                                    | Beef Chilli        | (H/T) Hot Dog           | Chicken, Ham & Leek Pie      | Halal Chicken Tikka Massala | Beef Bolognese Rigatoni            |
| Vegetarian Main                                                                                              | Quorn Mince Chilli | Vegan Sausage Casserole | Mushroom Risotto             | Cauliflower & Lentil Tikka  | Pasta & Tomato Sauce Bake          |
| Jacket Potato                                                                                                | Baked Beans        | Tuna Mayo               | Grated Cheese                | Baked Beans                 | Tuna Mayo                          |
| Sandwich of the Day                                                                                          | Halal Beef Bloomer | Chicken Mayo Sub        | Halal Turkey Salad           | Ham Salad Sub               | Smoked Salmon & Cream Cheese Bagel |
| ALL SPECIAL DIETS AND ALLERGIES HAVE BEEN TAKEN INTO ACCOUNT, PLEASE ASK AT THE COUNTER FOR MORE INFORMATION |                    |                         |                              |                             |                                    |
| Sides                                                                                                        | Taco, Rice, Salsa  | Wedges, ½ Corn          | Broccoli, Roast New Potatoes | Rice, Naan Bread            | Garlic Bread                       |
| Dessert                                                                                                      | Chocolate Brownie  | Flapjack                | Assorted Cupcakes            | Carrot Cake                 | Lemon Drizzle Slice                |
| Fruit of the Day                                                                                             | Watermelon Slices  | Pineapple Slices        | Bananas                      | Orange Wedges               | Apples                             |

# WESTHOLME *Kitchen*

## Junior School Menu Week 2

|                                                                                                              | Monday                        | Tuesday                                  | Wednesday                   | Thursday                  | Friday              |
|--------------------------------------------------------------------------------------------------------------|-------------------------------|------------------------------------------|-----------------------------|---------------------------|---------------------|
| Soup of the Day                                                                                              | Parsnip                       | Broccoli & Stilton                       | Leek & Potato               | Tomato & Red Pepper       | Autumn Vegetable    |
| Meat Main                                                                                                    | Chicken Jambalaya             | Halal Beef or Traditional Burger         | Halal Beef & Vegetable Stew | Chicken Fajita            | (H/T) Fried Chicken |
| Vegetarian Main                                                                                              | Ratatouille & Mixed Bean Bake | Peri Peri Vegetable Burger               | Root Vegetable Stew         | Mixed Vegetable Enchilada | Med Veg Lasagne     |
| Jacket Potato                                                                                                | Tuna Mayo                     | Baked Beans                              | Grated Cheese               | Baked Beans               | Grated Cheese       |
| Sandwich of the Day                                                                                          | Halal Beef Bloomer            | BLT                                      | Ham & Cheese Panini         | Halal Chicken Sub         | Tuna Panini         |
| ALL SPECIAL DIETS AND ALLERGIES HAVE BEEN TAKEN INTO ACCOUNT, PLEASE ASK AT THE COUNTER FOR MORE INFORMATION |                               |                                          |                             |                           |                     |
| Sides                                                                                                        | Broccoli, New Potatoes        | Wedges, BYOB (Build your own burger) Box | Red Cabbage, Mash Potato    | Wrap, Vegetable Rice      | Fries, Coleslaw Pot |
| Dessert                                                                                                      | Jelly Pot                     | Banana Bread                             | Jam & Coconut Sponge        | Bakewell Slice            | Chocolate Cookies   |
| Fruit of the Day                                                                                             | Satsumas                      | Pineapple Slices                         | Bananas                     | Orange Wedges             | Apples              |

# WESTHOLME

## *Kitchen*

### Junior School Menu Week 3

|                                                                                                              | Monday                      | Tuesday                     | Wednesday                        | Thursday                     | Friday                    |
|--------------------------------------------------------------------------------------------------------------|-----------------------------|-----------------------------|----------------------------------|------------------------------|---------------------------|
| Soup of the Day                                                                                              | Pumpkin                     | Mushroom                    | Courgette & Leek                 | Spiced Sweet Potato          | Autumn Vegetable          |
| Meat Main                                                                                                    | (H/T) Sausages              | Halal Chicken Rogan Josh    | (H/T) Honey & Soy Chicken Thighs | Lamb Hot Pot                 | Fish Pie                  |
| Vegetarian Main                                                                                              | Vegan Sausages              | Sweet Potato & Tomato Curry | Honey & Soy Vegetables           | Roast Quorn Ratatouille      | Pasta Arrabiata Bake      |
| Jacket Potato                                                                                                | Baked Beans                 | Tuna                        | Grated Cheese                    | Baked Beans                  | Grated Cheese             |
| Sandwich of the Day                                                                                          | Tuna Crunch                 | Beef & Onion                | Cheese Toastie                   | Halal Chicken Salad          | Ham Salad                 |
| ALL SPECIAL DIETS AND ALLERGIES HAVE BEEN TAKEN INTO ACCOUNT, PLEASE ASK AT THE COUNTER FOR MORE INFORMATION |                             |                             |                                  |                              |                           |
| Sides                                                                                                        | Bubble & Squeak Mash, Gravy | Rice, Naan Bread            | Fried Rice, Broccoli             | Spring Cabbage, New Potatoes | Green Beans, Garlic Bread |
| Dessert                                                                                                      | Yoghurt Pot                 | Lemon Drizzle Flapjack      | Iced Chocolate Cake              | Lime & Coconut Slice         | Eton Mess Cake            |
| Fruit of the Day                                                                                             | Watermelon                  | Honeydew Melon              | Apples                           | Satsumas                     | Bananas                   |