



Westbourne  
Week 3

# Week 3 Menu

All main meals are accompanied with: Seasonal vegetables or salad items.  
And either: potatoes, rice, pasta, chapattis, or naan bread. Bread is available daily, along with fresh fruit and fruit yoghurt too, as part of the dessert options.

All menu items are subject to availability and may change without notice.

## Monday

**Halal Sheesh Kebab**  
Diced halal meat cooked with spinach in a spicy curry sauce

**Quorn & Pepper Fajitas**  
Quorn & mixed peppers sautéed in Fajita spices, served in a soft tortilla wrap

**Marble Sponge**  
Plain sponge marbled with a chocolate sponge mixture and served with custard

**Jacket Potatoes / Non - Meat Panini / Sandwiches & Wraps**

**Date & Cocoa Brownie**

## Tuesday

**Halal Keema Roll**  
Halal meat cooked with onions, spices & peas and baked in pastry

**Vegetable Lasagne**  
Tender vegetables in a tomato base, layered with pasta and a creamy cheese sauce

**Mixed Fruit Crumble**  
Mixed fruit topped with a crispy crumble & served with custard  
**Chocolate & Vanilla Mousse**  
frozen chocolate & vanilla mousse

**Jacket Potatoes / Non - Meat Panini / Sandwiches & Wraps**

## Wednesday

**Halal Chicken Garbanzo**  
Diced halal chicken cooked with chickpea in a curry sauce

**Vegetable Soya Bolognese**  
Vegetables & Soya in a rich tomato and herb sauce served with pasta

**Orange Drizzle Cake**  
Orange Sponge drizzled in sauce and served with custard

**Halal Chicken Panini / Jacket Potatoes / Sandwiches & Wraps**

**Fruit Jelly**  
Decorated fruit jelly

## Thursday

**Cheese & Tomato Pizza**  
Pizza topped with tomato sauce & cheese topping

**Mandarin Sponge**  
Rich sponge with mandarins, served with custard

**Jacket Potatoes / Sandwiches & Wraps**

**Fresh Fruit Salad**  
Assorted diced fresh & tinned fruit, served with creamy vanilla ice cream

## Friday

**Tempura Battered Fish**  
White fish fillet in a crispy tempura batter

**Sweet Potato & Lentil Curry**  
A mild sweet potato & lentil curry

**Chocolate Sponge**  
Rich cocoa based sponge served with chocolate sauce

**Jacket Potatoes / Non - Meat Panini / Sandwiches & Wraps**

**Angel Delight**  
Light and creamy mousse

# school catering

at

Westbourne Primary School



This leaflet contains details of the menu at your school after October Half-Term.

Tasty, nutritious school meals have been provided in the Bradford district for many years. The Universal Infant Free School Meals scheme means these meals are now provided for **FREE** to all primary school children in reception class and Years 1 & 2.

There are no forms to fill in, or other eligibility criteria. So if your child is in one of these year groups, you can simply send them along to school to enjoy a delicious free lunch each day. If you would be eligible for free school meals (see criteria overleaf), it's a good idea to still register as your school will benefit from extra funding.

**Please Note: For children in Years 3 - 6, meals will be priced at £1.60\*, which is still great value for money.**

## Menu Cycle

w/c 31-Oct-16	Week 1
w/c 07-Nov-16	Week 2
w/c 14-Nov-16	Week 3
w/c 21-Nov-16	Week 1
w/c 28-Nov-16	Week 2
w/c 05-Dec-16	Week 3
w/c 12-Dec-16	Week 1
w/c 19-Dec-16	Holiday week
w/c 26-Dec-16	Holiday week
w/c 02-Jan-17	Week 1
w/c 09-Jan-17	Week 2
w/c 16-Jan-17	Week 3
w/c 23-Jan-17	Week 1
w/c 30-Jan-17	Week 2
w/c 06-Feb-17	Week 3
w/c 13-Feb-17	Week 1
w/c 20-Feb-17	Holiday week
w/c 27-Feb-17	Week 3
w/c 06-Mar-17	Week 1
w/c 13-Mar-17	Week 2
w/c 20-Mar-17	Week 3
w/c 27-Mar-17	Week 1
w/c 03-Apr-17	Week 2

Dates shown in red are holiday weeks

City of Bradford MDC

[www.bradford.gov.uk](http://www.bradford.gov.uk)

The wording in this publication can be made available in other formats such as large print. Please call: 01274 436778.

More information on the meals we provide, along with detailed allergen information is available online at:

[www.bradford.gov.uk/schoolmeals](http://www.bradford.gov.uk/schoolmeals)



# Week 1 Menu

All main meals are accompanied with: Seasonal vegetables or salad items. And either: potatoes, rice, pasta, chapattis, or naan bread. Bread is available daily, along with fresh fruit and fruit yoghurt too, as part of the dessert options.

Westbourne Week 1

All menu items are subject to availability and may change without notice.

## Monday

**Halal Keema Burger**  
Halal minced mutton burger in traditional spices served in a bread bun

**Mild Veggie Keema & Peas**  
Minced vegetable soya cooked with onions, spices and garden peas

**Pineapple Upside**  
A sponge topped with pineapple, syrup and served with custard

**Jacket Potatoes / Non - Meat Panini / Sandwiches & Wraps**

**Date & Cocoa Brownie**

## Tuesday

**Halal Chicken & Squash**  
Diced halal chicken cooked with butternut squash in a curry sauce

**Cheese Lattice**  
A thick cheese sauce encased in a puff pastry lattice, baked through the oven

**Peach Oaty Crumble**  
Peaches topped with a sweet oaty crumble, served with creamy custard

**Jacket Potatoes / Non - Meat Panini / Sandwiches & Wraps**

**Fruit Jelly**  
Decorated fruit jelly

## Wednesday

**Halal Lasagne**  
Minced halal meat layered with pasta and a creamy cheese sauce

**Quorn Burger**  
Baked quorn burger served in a bread bun with salad

**Rice Pudding & Peaches**  
Rice pudding served with peaches and jam

**Chicken Panini / Jacket Potatoes / Non - Meat Panini / Sandwiches & Wraps**

**Strawberry & Vanilla Mousse**  
Frozen strawberry & vanilla mousse

## Thursday

**Cheese & Tomato Pizza**  
Pizza topped with tomato sauce & cheese topping

**Pear Vanilla Sponge**  
Vanilla sponge mixed with pears, and served with creamy custard

**Jacket Potatoes / Sandwiches & Wraps**

**Fresh Fruit Salad**  
Assorted diced fresh & tinned fruit, served with creamy vanilla ice cream

## Friday

**Gluten Free Fish Fingers**  
Fish fillet coated in gluten free golden breadcrumbs and baked through in oven

**Vegetable Soya Bolognese**  
Vegetables & Soya in a rich tomato and herb sauce served with pasta

**Chocolate Mandarin Sponge**  
Rich cocoa based sponge with mandarin served with chocolate sauce

**Jacket Potatoes / Non - Meat Panini / Sandwiches & Wraps**

**Banana & Apple Muffin**



# Week 2 Menu

All main meals are accompanied with: Seasonal vegetables or salad items. And either: potatoes, rice, pasta, chapattis, or naan bread. Bread is available daily, along with fresh fruit and fruit yoghurt too, as part of the dessert options.

Westbourne Week 2

All menu items are subject to availability and may change without notice.

## Monday

**Halal Chicken Kofta**  
Spicy halal chicken koftas served in a spicy curry sauce

**Vegetable Soya Lasagne**  
Soya mince in a tomato sauce, layered with pasta and a creamy cheese sauce

**Lemon & Sultana Sponge**  
A light sponge with a hint of lemon & sultanas, served with creamy custard

**Jacket Potatoes / Non - Meat Panini / Sandwiches & Wraps**

**Decorated Buns**  
Individually iced sponge bun

## Tuesday

**Halal Pasta Bolognese**  
Minced Halal meat in a rich tomato and herb sauce served with pasta

**Cheese Whirls**  
Flaky puff pastry with a potato, cheese and spring onion filling

**Apple Crumble**  
Cooked apple topped with a crispy crumble & served with custard

**Jacket Potatoes / Non - Meat Panini / Sandwiches & Wraps**

**Fruit Jelly**  
Decorated fruit jelly

## Wednesday

**Halal Chicken & Spinach**  
Diced halal chicken cooked with spinach in a spicy curry sauce

**Mexican Mixed Bean Burrito**  
Mixed beans in a mild Mexican tomato sauce, folded in a soft tortilla wrap

**Jam Sponge**  
A light sponge topped with jam, served with creamy custard

**Halal Chicken Panini / Jacket Potatoes / Jacket Potatoes / Non - Meat Panini / Sandwiches & Wraps**

**Cocoa & Orange Cookie**

## Thursday

**Cheese & Tomato Pizza**  
Pizza topped with tomato sauce & cheese topping

**Eve's Pudding**  
A base of soft tender apples under a light sponge served with custard

**Jacket Potatoes / Sandwiches & Wraps**

**Fresh Fruit Salad**  
Assorted diced fresh & tinned fruit, served with creamy vanilla ice cream

## Friday

**Battered Salmon Goujons**  
Salmon fillet goujons in a crispy tempura batter

**Quorn Burger**  
Baked quorn burger served in a bread bun with salad

**Chocolate Sponge**  
Rich cocoa based sponge served with chocolate sauce

**Jacket Potatoes / Non - Meat Panini / Sandwiches & Wraps**

**Cheese, Crackers & Fruit**

- ✓ All meat and poultry used is locally sourced.
- ✓ All fresh vegetables and potatoes are locally sourced
- ✓ All our fish, vegetarian, cheese dishes are suitable for Muslims

- ✓ We do not use preservatives or additives that are unsuitable for children
- ✓ We have a no nut and no genetically modified ingredient policy

- ✓ All our dessert items are suitable for vegetarians and Muslims



Approved by



## Children in Years 3 to 6 could also get School Meals for FREE

Your child is entitled to free school meals if you receive any of the following\*:

- Income Support
- Universal Credit
- Pension Credit (Guarantee Credit only)
- Income based Jobseekers Allowance
- Support under Part VI of the Immigration and Asylum Act 1999
- Child Tax Credit with an annual income of less than £16,190, if not receiving Working Tax Credit
- Income-related Employment and Support Allowance
- Working Tax Credit run-on

Registering for Free School Meals means your school gets extra money from the government, known as the pupil premium. For more information on free school meals please tel: **01274 432772** or email: **benefits@bradford.gov.uk** Or check/apply online at **www.bradford.gov.uk/benefits**