

Westlea - Dysons Road Lunch Menu Autumn/Winter 2018/19

Week 1

MONDAY

Mama's Meatballs & Pasta with
Homemade Crusty Bread
Linda McCartney™ Pasta
Bolognese (V)
Mixed Vegetables

Organic Yeo Valley™ Fruit Yogurt

TUESDAY

Texas Cowboy Chilli with Rice
Potato & Onion Frittata (V)
Garden Peas & Cauliflower

Fresh Fruit Salad

WEDNESDAY

Sticky Chicken Fillet & Gravy
Homemade Lentil & Vegetable
Roast (V)

Carrots & Garden Peas
Roast Potatoes
Fresh Fruit Salad

THURSDAY

Beef Paprikash, with Rice
Macaroni Cheese with
Homemade Bread (V)
Mixed Vegetables

Chocolate Sponge with
Chocolate Sauce

FRIDAY

Harry Ramsden™ Lemon Crumb
Salmon
Margherita Pizza (V)
Heinz™ Baked Beans, Sweetcorn
& Oven Chips

Beechdean™ Raspberry Ripple
Ice Cream Pots

Week 2

MONDAY

Roasted Sausages with Mash &
Gravy
Linda McCartney™ Vegi
Sausages with Mash & Gravy (V)
Garden Peas & Sweetcorn

Organic Yeo Valley™ Fruit Yogurt

TUESDAY

Piri Piri Chicken Fillet with
Sunshine Rice
Cheese & Potato Pie (V)
Garden Peas & Cauliflower

Fresh Fruit Salad

WEDNESDAY

Lancashire Roast Beef & Gravy
Quorn™ Roast (V)
Carrots & Garden Peas
Roast Potatoes

Banana Cake

THURSDAY

Classic Chicken & Mushroom Pie
with Mash
Veggie Moussaka (V)
Sweetcorn & Green Beans

Fresh Fruit Salad

FRIDAY

Harry Ramsden™ MSC* Fish
Fillet
Margherita Pasta Bake (V)
Heinz™ Baked Beans, Sweetcorn
& Oven Chips
Chocolate Cracknel

Week 3

MONDAY

Nasi Goreng (Singapore Rice) (V)
Quorn™ Frankfurter Bake (V)
Sweetcorn & Baby Carrots

Organic Yeo Valley™ Fruit Yogurt

TUESDAY

Nonna's Lasagne & Homemade
Crusty Bread
Roasted Vegetable and Feta
Pasta (V)
Green Beans & Cauliflower
Fresh Fruit Salad

WEDNESDAY

Hertfordshire Roast Chicken
Fillet & Gravy
Linda McCartney™ Stromboli (V)
Mixed Vegetables
Roast Potatoes
Golden Flapjack with Organic
Oats

THURSDAY

Beef Masala & Steamed Rice
Cheese Flan with Diced
Potatoes (V)
Broccoli & Baby Carrots
Apple Crumble made with
Organic Oats & Custard

FRIDAY

Beef/Lamb Burger in a Bun
Southern Fried Quorn Burger in
a Bun (V)
Heinz™ Baked Beans, Garden
Peas & Oven Chips
Fruit Smoothie

Available Daily - Unlimited Salad Bar with a variety of salads

*Our Fish is sustainable and MSC-certified (Marine Stewardship Council). All our eggs are free-range and our meat is Farm-Assured as a minimum.

