



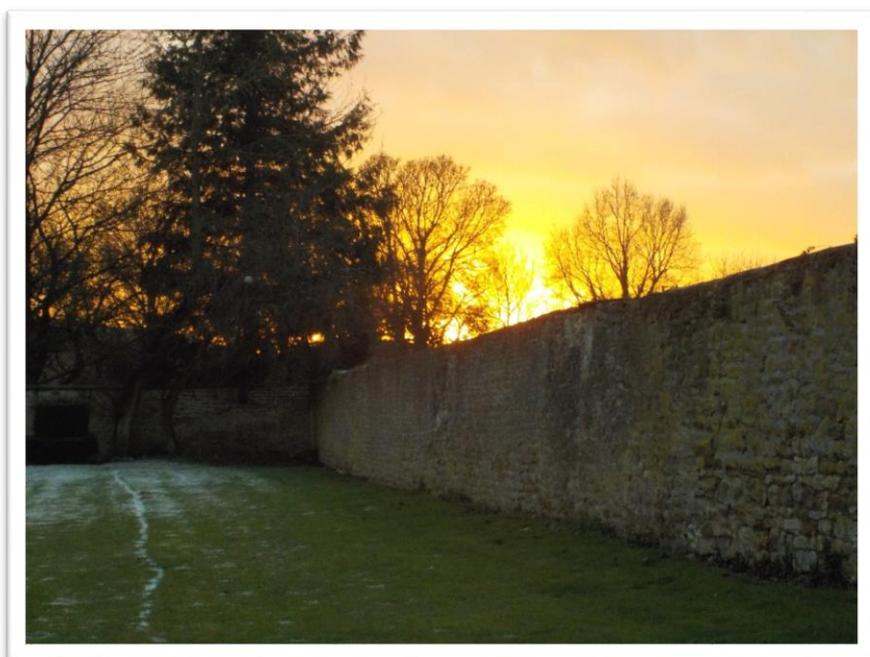
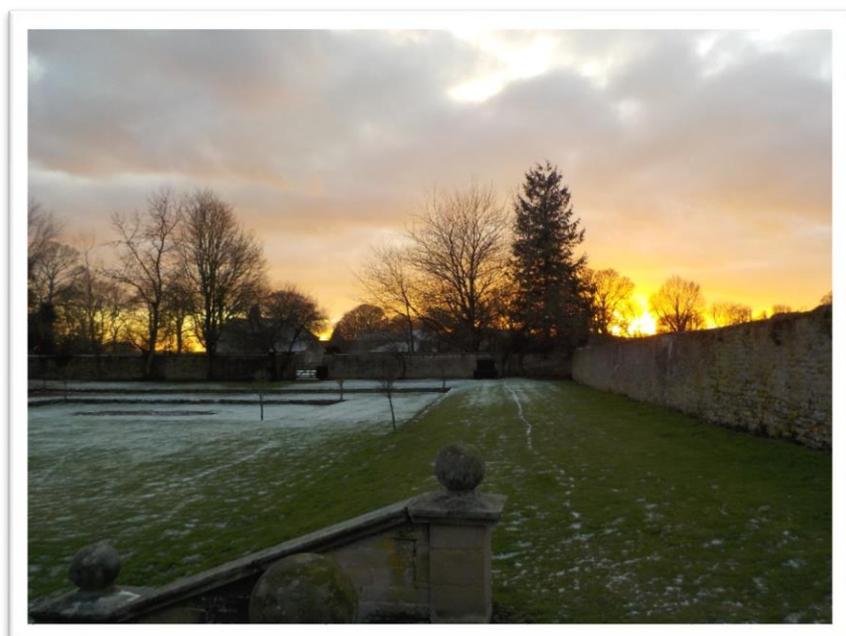
Welburn Hall School

Welburn Hall Weekly

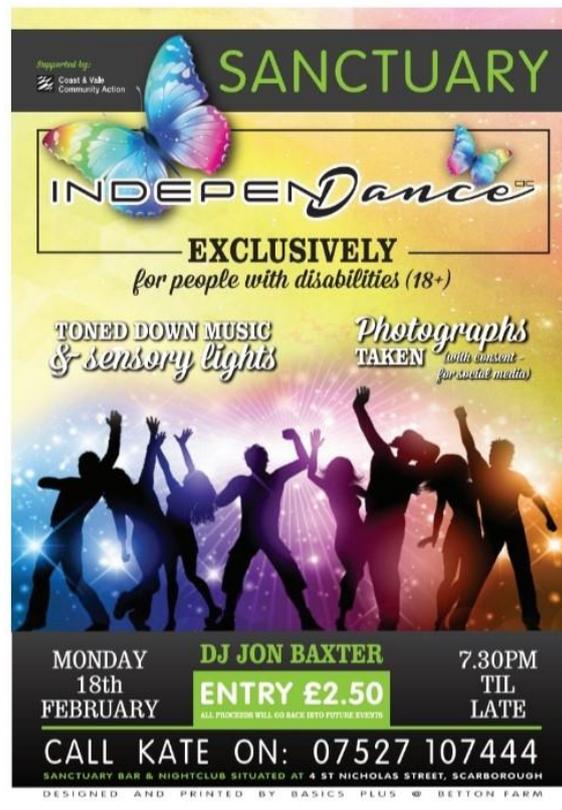
Friday 8th February 2019



Students don't forget it Valentine's Day this Thursday!



Sunsets by Elisha



We have been asked to share this with our students, but as it's a school night and all our 18 year olds board, please feel free to pass it on to anyone who may be interested.

Week 3	Option 1	Option 2	Pudding
Monday	Sausage & Mash with Onion Gravy, Carrots & Peas	Broccoli & Cauliflower Gratin, Carrots & Peas	Peach & Apricot Macaroon Pudding & Custard
Tuesday	Organic Beef burger in a Bun with Potato Wedges, Salad, Green Beans & Sweetcorn	Butternut Squash & Courgette Stir Fry, Green Beans & Sweetcorn	Apple & Raspberry Pie & Vanilla Ice Cream
Wednesday	Roast Chicken, Sage & Onion Stuffing with Roast Potatoes Summer Cabbage & Medley of Vegetables	Roasted Summer Vegetables & Chickpeas with Pasta, Summer Cabbage & Medley of Vegetables	Pineapple Shortcake
Thursday	Beef Enchilada with Potato Wedges, Mediterranean Style Courgettes & Broccoli	Vegetable Lasagne with Garlic Bread, Mediterranean Style Courgettes & Broccoli	Summer Fruit Drizzle Cake & Custard
Friday	Battered Fish with Chips, Peas & Thai Coleslaw	Cheese & Tomato Quiche, Peas & Thai Coleslaw	Chocolate Surprise Cake & Chocolate Sauce