

The Woodlands Academy Menu
Week 1 - Commencing
25/4/2022, 16/5/2022, 13/6/2022, 4/7/2022

	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
HOT DISH	Chicken Curry (Milk, Celery, Gluten)	Turkey Meatballs in Tomato Sauce (gluten, wheat, eggs, cheese)	Egg and Bacon Quiche (gluten, wheat, eggs, cheese)	Roast Beef (gluten, flour, wheat, eggs, milk)	Cheese and Tomato Pizza (gluten, wheat, cheese, milk)
MEAT FREE DISH	Veggie Sausage and Mash (milk, soya)	Jacket Potato (fish, eggs, cheese, milk)	Tuna Pasta Bake (fish, wheat, gluten, milk, cheese)	Jacket Potato (fish, eggs, cheese, milk)	Vegetable Lasagne (cheese, flour, eggs, gluten, wheat)
SALADS & SANDWICHES	Salads – (Milk, Eggs, Fish) Sandwiches – Ham, Egg, Tuna, Cheese (Milk, Eggs, Fish, Gluten, Wheat)	Salads – (Milk, Eggs, Fish) Sandwiches – Ham, Egg, Tuna, Cheese (Milk, Eggs, Fish, Gluten, Wheat)	Salads – (Milk, Eggs, Fish) Sandwiches – Ham, Egg, Tuna, Cheese (Milk, Eggs, Fish, Gluten, Wheat)	Salads – (Milk, Eggs, Fish) Sandwiches – Ham, Egg, Tuna, Cheese (Milk, Eggs, Fish, Gluten, Wheat)	Salads – (Milk, Eggs, Fish) Sandwiches – Ham, Egg, Tuna, Cheese (Milk, Eggs, Fish, Gluten, Wheat)
DESSERTS	Chocolate Crispy (milk)	Fruit Pie and Custard (wheat, flour, milk)	Iced Cake (wheat, flour, eggs)	Treacle Sponge and Custard (wheat, flour, eggs, milk)	Cookies (wheat, flour)

Week 2 Commencing
2/5/2022, 23/5/2022, 20/6/2022, 11/7/2022

	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
HOT DISH	Chicken and Bacon Wraps (wheat, flour, gluten)	Shepherds Pie (soya, milk, gluten)	Chicken Pasta Bake (flour, gluten, wheat, milk)	Roast Beef (gluten, flour, wheat, eggs, milk)	Fish and Chips (fish, egg, milk)
MEAT FREE DISH	Jacket Potato (fish, eggs, cheese, milk)	Sweet and Sour Vegetables (celery)	Vegetable Chilli	Jacket Potato (fish, eggs, cheese, milk)	Cheese Wheels (flour, gluten, eggs, milk)
SALADS & SANDWICHES	Salads – (Milk, Eggs, Fish) Sandwiches – Ham, Egg, Tuna, Cheese (Milk, Eggs, Fish, Gluten, Wheat)	Salads (Milk, Eggs, Fish) Sandwiches – Ham, Egg, Tuna, Cheese (Milk, Eggs, Fish, Gluten, Wheat)	Salads – (Milk, Eggs, Fish) Sandwiches – Ham, Egg, Tuna, Cheese (Milk, Eggs, Fish, Gluten, Wheat)	Salads - (Milk, Eggs, Fish) Sandwiches – Ham, Egg, Tuna, Cheese (Milk, Eggs, Fish, Gluten, Wheat)	Salads – (Milk, Eggs, Fish) Sandwiches – Ham, Egg, Tuna, Cheese (Milk, Eggs, Fish, Gluten, Wheat)
DESSERTS	Flapjack (oats, milk)	Fruit Roly-Poly and Custard (milk)	Shortbread (milk)	Scones, Jam and Cream (milk, eggs, flour)	Chocolate Crunch and Custard (milk, eggs, flour)

The Woodlands Academy Menu
Week 3 - Commencing
9/5/2022, 6/6/2022, 27/6/2022, 18/7/2022

	Monday	Tuesday	Wednesday	Thursday	Friday
HOT DISH	Toad in the Hole (soya, celery, eggs, flour, gluten)	Cheese and Onion Quiche (celery, gluten, milk, soya)	Bacon and Tomato Pasta (gluten, flour, milk, eggs, cheese)	Roast Beef (gluten, flour, wheat, eggs, milk)	Homemade Fishcakes (fish, milk, wheat, eggs)
MEAT FREE DISH	Jacket Potato (fish, eggs, cheese, milk)	Vegetable Curry (soya, celery, sultanas, gluten, wheat)	Cheese Catherine Wheels (cheese, wheat, flour, eggs, gluten)	Mediterranean Pasta (gluten, eggs, flour, cheese, milk)	Jacket Potato (fish, eggs, cheese, milk)
SALADS & SANDWICHES	Salads – (Milk, Eggs, Fish) Sandwiches – Ham, Egg, Tuna, Cheese (Milk, Eggs, Fish, Gluten, Wheat)	Salads – (Milk, Eggs, Fish) Sandwiches – Ham, Egg, Tuna, Cheese (Milk, Eggs, Fish, Gluten, Wheat)	Salads – (Milk, Eggs, Fish) Sandwiches – Ham, Egg, Tuna, Cheese (Milk, Eggs, Fish, Gluten, Wheat)	Salads – (Milk, Eggs, Fish) Sandwiches – Ham, Egg, Tuna, Cheese (Milk, Eggs, Fish, Gluten, Wheat)	Salads – (Milk, Eggs, Fish) Sandwiches – Ham, Egg, Tuna, Cheese (Milk, Eggs, Fish, Gluten, Wheat)
DESSERTS	Fruit Crumble and Custard (gluten, milk, oats, eggs)	Lemon Drizzle Cake (eggs, gluten, flour)	Chocolate Crispy (milk)	Iced Cake (eggs, milk, flour, gluten)	Fruit Flapjack (oats, milk)