

The Woodlands Academy Menu
Week 1 - Commencing
05/09/2022, 26/09/2022, 17/10/2022, 14/11/2022, 05/12/2022

	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
HOT DISH	Bacon and Tomato Pasta Bake (flour, gluten, wheat, milk)	Chicken Curry (Milk, Soya, Sultanas, Celery, Gluten)	Mexican Beef Tacos (eggs, mustard, gluten, soya)	Roast Beef (gluten, flour, wheat, eggs, milk)	Fish Pie (Fish, Milk)
MEAT FREE DISH	Vegetable Chilli (Soya)	Jacket Potato (fish, eggs, cheese, milk)	Vegetable Lasagne (cheese, four, eggs, gluten, wheat)	Jacket Potato (fish, eggs, cheese, milk)	Cheese and Onion Quiche (celery, gluten, milk, soya)
SALADS & SANDWICHES	Salads – (Milk, Eggs, Fish) Sandwiches – (Milk, Eggs, Fish, Gluten, Wheat)	Salads (Milk, Eggs, Fish) Sandwiches -(Milk, Eggs, Fish, Gluten, Wheat)	Salads -(Milk, Eggs, Fish) Sandwiches -(Milk, Eggs, Fish, Gluten, Wheat)	Salads - (Milk, Eggs, Fish) Sandwiches -(Milk, Eggs, Fish, Gluten, Wheat)	Salads - (Milk, Eggs, Fish) Sandwiches - (Milk, Eggs, Fish, Gluten, Wheat)
DESSERTS	Chocolate Crispy (milk)	Iced Cake (wheat, gluten, flour, eggs)	Flapjack (oats, milk)	Cookies (Wheat, Flour)	Treacle Sponge and Custard (wheat, flour, eggs, milk)

Week 2 Commencing
12/09/2022, 03/10/2022, 31/10/2022, 21/11/2022, 12/12/2022

	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
HOT DISH	Beef Stew and Dumplings (Milk, Soya, Gluten, Flour)	Sausage Meatball Spaghetti (milk, flour, gluten, egg)	Mango Chutney and Curried Chicken Wraps (gluten, flour)	Roast Beef (gluten, flour, wheat, eggs, milk)	Cheese Wheels (flour, gluten, eggs, milk)
MEAT FREE DISH	Jacket Potato (fish, eggs, cheese, milk)	Mediterranean Pasta (gluten, eggs, flour, cheese, milk)	Salmon and Broccoli Quiche (fish, cheese, gluten, wheat)	Jacket Potato (fish, eggs, cheese, milk)	Sweet Potato Coconut Dahl (coconut, wheat, gluten)
SALADS & SANDWICHES	Salads – (Milk, Eggs, Fish) Sandwiches – (Milk, Eggs, Fish, Gluten, Wheat)	Salads (Milk, Eggs, Fish) Sandwiches -(Milk, Eggs, Fish, Gluten, Wheat)	Salads -(Milk, Eggs, Fish) Sandwiches -(Milk, Eggs, Fish, Gluten, Wheat)	Salads - (Milk, Eggs, Fish) Sandwiches -(Milk, Eggs, Fish, Gluten, Wheat)	Salads - (Milk, Eggs, Fish) Sandwiches - (Milk, Eggs, Fish, Gluten, Wheat)
DESSERTS	Iced Cake (wheat, gluten, flour, eggs)	Chocolate Crunch and Custard (milk, egg, flour)	Shortbread (milk)	Flapjack (oats, milk)	Chocolate and Banana Brownie (flour, wheat, eggs, gluten, milk)

The Woodlands Academy Menu
Week 3 - Commencing
19/09/2022, 10/10/2022, 07/11/2022, 28/11/2022

	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
HOT DISH	Pork Plait (wheat, soya, flour, milk, gluten)	Hoisin Beef (soya)	Chicken Pasta Bake (flour, gluten, wheat, milk)	Roast Beef (gluten, flour, wheat, eggs, milk)	Fish and Chips (fish, egg, milk)
MEAT FREE DISH	Tuna Pasta Bake (fish, flour, gluten, wheat, milk)	Jacket Potato (fish, eggs, cheese, milk)	Sweet and Sour Vegetables (celery)	Jacket Potato (fish, eggs, cheese, milk)	Vegetable Curry (soya, celery, sultanas, gluten, wheat)
SALADS & SANDWICHES	Salads – (Milk, Eggs, Fish) Sandwiches – (Milk, Eggs, Fish, Gluten, Wheat)	Salads (Milk, Eggs, Fish) Sandwiches -(Milk, Eggs, Fish, Gluten, Wheat)	Salads -(Milk, Eggs, Fish) Sandwiches - (Milk, Eggs, Fish, Gluten, Wheat)	Salads - (Milk, Eggs, Fish) Sandwiches -(Milk, Eggs, Fish, Gluten, Wheat)	Salads - (Milk, Eggs, Fish) Sandwiches - (Milk, Eggs, Fish, Gluten, Wheat)
DESSERTS	Iced Cake (wheat, gluten, flour, eggs)	Fruit Crumble and Custard (gluten, milk, oats, eggs)	Fruit Flapjack (sultanas, oats, milk)	Chocolate Crispy (milk)	Sticky Toffee Pudding and Custard (egg, milk, flour, gluten)