

The Woodlands Academy Menu
Week 1 – Commencing
21.4.25, 12.5.25, 9.6.25, 30.6.25, 7.7.25

	Monday	Tuesday	Wednesday	Thursday	Friday
HOT DISH	Chicken and Bacon Wraps gluten, dairy, wheat	Lasagne with Garlic Bread wheat, gluten, dairy, eggs	Chicken Curry with Rice and Naan Bread gluten, wheat, milk, celery, eggs, soya	Beef Dinner milk, eggs, gluten, cheese, soya, wheat	Battered Fish and Chips fish, milk, eggs, gluten, wheat
MEAT FREE DISH	Tomato and Basil Pasta gluten, eggs, wheat, dairy	Vegetable Stir-Fry and Rice soya, celery, gluten, wheat	Macaroni Cheese eggs, wheat, cheese, gluten, milk	Jacket Potato cheese, milk, fish, soya	Vegetable Curry with Rice and Naan Bread gluten, wheat, milk, celery
JACKET POTATO, SALADS & SANDWICHES	Ham, Cheese, Egg mayo, Tuna mayo, Beans Jacket, Salads – milk, eggs, fish, soya Sandwiches/Baguettes – milk, eggs, fish, gluten, wheat	Ham, Cheese, Egg mayo, Tuna mayo, Beans Jacket, Salads – milk, eggs, fish, soya Sandwiches/Baguettes – milk, eggs, fish, gluten, wheat	Ham, Cheese, Egg mayo, Tuna mayo, Beans Jacket, Salads – milk, eggs, fish, soya Sandwiches/Baguettes – milk, eggs, fish, gluten, wheat	Ham, Cheese, Egg mayo, Tuna mayo, Beans Jacket, Salads – milk, eggs, fish, soya Sandwiches/Baguettes – milk, eggs, fish, gluten, wheat	Ham, Cheese, Egg mayo, Tuna mayo, Beans Jacket, Salads – milk, eggs, fish, soya Sandwiches/Baguettes – milk, eggs, fish, gluten, wheat
DESSERTS	Sticky Toffee Pudding and Custard milk, eggs, dairy, wheat, gluten	Iced Cake gluten, eggs, wheat, milk	Chocolate Sponge and Custard eggs, milk, gluten, wheat	Flapjack oats	Mixed Fruit and Ice cream milk

Week 2 Commencing
28.4.25, 19.5.25, 16.6.25, 14.7.25

	Monday	Tuesday	Wednesday	Thursday	Friday
HOT DISH	Chilli Beef Burrito flour, gluten, wheat	Chicken Chow Mein eggs, wheat	Spaghetti Bolognaise flour, gluten, wheat	Sausage Dinner with Mashed Potato gluten, wheat, cheese, dairy	Fish Cakes fish
MEAT FREE DISH	Jacket Potato milk, eggs, fish, soya, cheese	Vegetable Quiche flour, eggs, gluten, wheat	Vegetable chilli flour, wheat, gluten	Vegetarian Sausage Dinner with Mashed Potato gluten, wheat, cheese, dairy, soya	Creamy Tomato Pasta gluten, wheat, cheese, flour
JACKET POTATO, SALADS & SANDWICHES	Ham, Cheese, Egg mayo, Tuna mayo, Beans Jacket, Salads – milk, eggs, fish, soya Sandwiches/Baguettes – milk, eggs, fish, gluten, wheat	Ham, Cheese, Egg mayo, Tuna mayo, Beans Jacket, Salads – milk, eggs, fish, soya Sandwiches/Baguettes – milk, eggs, fish, gluten, wheat	Ham, Cheese, Egg mayo, Tuna mayo, Beans Jacket, Salads – milk, eggs, fish, soya Sandwiches/Baguettes – milk, eggs, fish, gluten, wheat	Ham, Cheese, Egg mayo, Tuna mayo, Beans Jacket, Salads – milk, eggs, fish, soya Sandwiches/Baguettes – milk, eggs, fish, gluten, wheat	Ham, Cheese, Egg mayo, Tuna mayo, Beans Jacket, Salads – milk, eggs, fish, soya Sandwiches/Baguettes – milk, eggs, fish, gluten, wheat
DESSERTS	Shortbread wheat, gluten	Jam Sponge and Custard milk, gluten, flour, wheat, eggs	Chocolate Crispy milk	Lemon Muffins flour, eggs, wheat, milk	Fruit Flapjack oats, dried fruit

The Woodlands Academy Menu
Week 3 - Commencing
5.5.25, 2.6.25, 23.6.25, 14.7.25

	Monday	Tuesday	Wednesday	Thursday	Friday
HOT DISH	Chicken and Ham Carbonara wheat, gluten, flour	Sausage Pasta wheat, gluten, flour	English Breakfast eggs	Chicken Dinner cheese, milk, soya, wheat, gluten	Fish Fingers and Chips wheat, fish, gluten, flour
MEAT FREE DISH	Margareta Pizza flour, wheat, gluten	Vegetable Wraps wheat, gluten, flour	Vegetarian English Breakfast soya, wheat, eggs	Jacket Potato cheese, milk, fish, soya	Cheese Wheels cheese, dairy, flour, wheat, gluten
JACKET POTATO, SALADS & SANDWICHES	Ham, Cheese, Egg mayo, Tuna mayo, Beans Jacket, Salads – milk, eggs, fish, soya Sandwiches/Baguettes – milk, eggs, fish, gluten, wheat	Ham, Cheese, Egg mayo, Tuna mayo, Beans Jacket, Salads – milk, eggs, fish, soya Sandwiches/Baguettes – milk, eggs, fish, gluten, wheat	Ham, Cheese, Egg mayo, Tuna mayo, Beans Jacket, Salads – milk, eggs, fish, soya Sandwiches/Baguettes – milk, eggs, fish, gluten, wheat	Ham, Cheese, Egg mayo, Tuna mayo, Beans Jacket, Salads – milk, eggs, fish, soya Sandwiches/Baguettes – milk, eggs, fish, gluten, wheat	Ham, Cheese, Egg mayo, Tuna mayo, Beans Jacket, Salads – milk, eggs, fish, soya Sandwiches/Baguettes – milk, eggs, fish, gluten, wheat
DESSERTS	Lemon Sponge and Custard eggs, milk, wheat, flour, gluten	Cream Scones eggs, dairy, wheat, gluten, flour	Rice Pudding and Peaches milk	Apple Crumble and Custard oats, milk, gluten, wheat, flour	Cookies wheat, flour, gluten

We cater for all dietary requirements, if your child would like school meals but has dietary needs, please let school know.

Please be aware that we are unable to guarantee a completely food allergen-free environment, as foods containing allergens are used in the kitchen.