

**The Woodlands Academy Menu**  
**Week 1 – Commencing**  
**8.4.24, 29.4.24, 20.5.24, 10.6.24, 1.7.24**

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>HOT DISH</b>	Pork Plait with Mashed Potatoes  gluten, wheat, milk, soya	Lasagne with Garlic Bread  eggs, wheat, milk, cheese, gluten, soya	Sweet and Sour Chicken and Rice  celery	Roast Chicken and Stuffing  flour, gluten, wheat, soya	Fish and Chips  eggs, wheat, milk, fish, gluten
<b>MEAT FREE DISH</b>	Jacket Potato  fish, eggs, cheese, milk	Vegetable Stir-fry with Noodles  eggs, flour, wheat, gluten, soya, celery	Mediterranean Pasta with Garlic Bread  cheese, gluten, eggs, soya, celery	Jacket Potato  fish, eggs, cheese, milk	Vegetable Curry with Rice and Naan  soya, sultanas, celery, milk, wheat, gluten, flour
<b>SALADS &amp; SANDWICHES</b>	Ham, Cheese, Egg mayo, Tuna mayo  Salads – milk, eggs, fish Sandwiches/Baguettes – milk, eggs, fish, gluten, wheat	Ham, Cheese, Egg mayo, Tuna mayo  Salads – milk, eggs, fish Sandwiches/Baguettes – milk, eggs, fish, gluten, wheat	Ham, Cheese, Egg mayo, Tuna mayo  Salads – milk, eggs, fish Sandwiches/Baguettes – milk, eggs, fish, gluten, wheat	Ham, Cheese, Egg mayo, Tuna mayo  Salads – milk, eggs, fish Sandwiches/Baguettes – milk, eggs, fish, gluten, wheat	Ham, Cheese, Egg mayo, Tuna mayo  Salads – milk, eggs, fish Sandwiches/Baguettes – milk, eggs, fish, gluten, wheat
<b>DESSERTS</b>	Lemon Sponge and Custard  gluten, milk, eggs, wheat, flour,	Fruit Salad and Ice-cream  milk	Apple Pie and Custard  wheat, flour, gluten, milk	Chocolate Crispy  milk	Iced Cake  wheat, flour, eggs

**Week 2 Commencing**  
**15.4.24, 6.5.24, 27.5.24, 17.6.24, 8.7.24**

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>HOT DISH</b>	Sausage and Mashed Potatoes  celery, soya	Chilli Beef Tacos with Rice  flour, gluten, soya	Chicken Stir-fry with Noodles  eggs, flour, wheat, celery, gluten,	Roast Beef and Yorkshire Pudding  flour, milk, gluten, soya, wheat	Fish Fingers and Chips  fish, wheat
<b>MEAT FREE DISH</b>	Jacket Potato  fish, eggs, cheese, milk	Macaroni Cheese with Garlic Bread  milk, gluten, wheat, flour, cheese	Cheese and Onion Quiche  flour, milk, cheese, gluten	Jacket Potato  fish, eggs, cheese, milk	Cheese and Tomato Pizza  flour, wheat, gluten, milk
<b>SALADS &amp; SANDWICHES</b>	Ham, Cheese, Egg mayo, Tuna mayo  Salads – milk, eggs, fish Sandwiches/Baguettes – milk, eggs, fish, gluten, wheat	Ham, Cheese, Egg mayo, Tuna mayo  Salads – milk, eggs, fish Sandwiches/Baguettes – milk, eggs, fish, gluten, wheat	Ham, Cheese, Egg mayo, Tuna mayo  Salads – milk, eggs, fish Sandwiches/Baguettes – milk, eggs, fish, gluten, wheat	Ham, Cheese, Egg mayo, Tuna mayo  Salads – milk, eggs, fish Sandwiches/Baguettes – milk, eggs, fish, gluten, wheat	Ham, Cheese, Egg mayo, Tuna mayo  Salads – milk, eggs, fish Sandwiches/Baguettes – milk, eggs, fish, gluten, wheat
<b>DESSERTS</b>	Sticky Toffee Pudding and Custard  gluten, wheat, flour, milk	Lemon Drizzle Cake  gluten, milk, eggs, wheat, flour	Chocolate Crush and Custard  flour, eggs, gluten, milk	Flapjack  oats, gluten	Chocolate Crispy  milk

**The Woodlands Academy Menu**  
**Week 3 - Commencing**  
**22.4.24, 13.5.24, 3.6.24, 24.6.24, 15.7.24**

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>HOT DISH</b>	Hunters Chicken Pasta Bake  milk, flour, eggs, wheat, gluten	Pulled Pork Sliders with Wedges  flour, wheat, gluten	Pepperoni Pizza  gluten, wheat, milk, cheese	Roast Chicken and Stuffing  flour, gluten, wheat, soya	Tuna Pasta Bake  fish, eggs, gluten, wheat, flour
<b>MEAT FREE DISH</b>	Cheese Wheels  milk, flour, wheat, gluten	Jacket Potato  fish, eggs, cheese, milk	Vegetable Chilli with Rice  gluten, soya	Jacket Potato  fish, eggs, cheese, milk	Creamy Tomato Pasta with Garlic Bread  gluten, wheat, eggs, flour
<b>SALADS &amp; SANDWICHES</b>	Ham, Cheese, Egg mayo, Tuna mayo  Salads – milk, eggs, fish Sandwiches/Baguettes – milk, eggs, fish, gluten, wheat	Ham, Cheese, Egg mayo, Tuna mayo  Salads – milk, eggs, fish Sandwiches/Baguettes – milk, eggs, fish, gluten, wheat	Ham, Cheese, Egg mayo, Tuna mayo  Salads – milk, eggs, fish Sandwiches/Baguettes – milk, eggs, fish, gluten, wheat	Ham, Cheese, Egg mayo, Tuna mayo  Salads – milk, eggs, fish Sandwiches/Baguettes – milk, eggs, fish, gluten, wheat	Ham, Cheese, Egg mayo, Tuna mayo  Salads – milk, eggs, fish Sandwiches/Baguettes – milk, eggs, fish, gluten, wheat
<b>DESSERTS</b>	Jam Sponge and Custard  flour, eggs, milk, wheat, gluten	Rice Pudding and Peaches  milk	Pineapple Upside-down Cake and Custard  eggs, milk, flour, gluten, wheat	Chocolate Crispy  milk	Blueberry Muffin  eggs, flour, wheat, gluten