

The Woodlands Academy Menu
Week 1 – Commencing
05.01.26, 26.01.26, 23.02.26, 16.03.26

	Monday	Tuesday	Wednesday	Thursday	Friday
HOT DISH	Chilli Beef Tacos (soy)	Pork Slice and Mash (gluten, wheat, soy)	Pepperoni Pizza (milk, wheat, soy, gluten)	Roast Chicken Dinner (celery, soya, cheese, barley, wheat, gluten)	Fish Fingers (wheat, fish, gluten, flour)
MEAT FREE DISH	Jacket Potato (milk, eggs, fish, soya)	Vegetable Stir-fry (wheat, gluten)	Cheese and Broccoli Quiche (wheat, milk, gluten, eggs)	Jacket Potato (milk, eggs, fish, soya)	Vegetable Curry (gluten, wheat, celery, barley)
JACKET POTATO, SALADS & SANDWICHES	Ham, Cheese, Egg mayo, Tuna mayo, Beans Jacket, Salads – milk, eggs, fish, cheese Sandwiches/Baguettes – milk, eggs, fish, gluten, wheat	Ham, Cheese, Egg mayo, Tuna mayo, Beans Jacket, Salads – milk, eggs, fish, cheese Sandwiches/Baguettes – milk, eggs, fish, gluten, wheat	Ham, Cheese, Egg mayo, Tuna mayo, Beans Jacket, Salads – milk, eggs, fish, cheese Sandwiches/Baguettes – milk, eggs, fish, gluten, wheat	Ham, Cheese, Egg mayo, Tuna mayo, Beans Jacket, Salads – milk, eggs, fish, cheese Sandwiches/Baguettes – milk, eggs, fish, gluten, wheat	Ham, Cheese, Egg mayo, Tuna mayo, Beans Jacket, Salads – milk, eggs, fish, cheese Sandwiches/Baguettes – milk, eggs, fish, gluten, wheat
DESSERTS	Sticky Toffee Pudding (eggs, milk, flour, gluten, wheat)	Cookies (flour, gluten, wheat)	Fruit Muffins (flour, eggs, gluten, wheat)	Fruit Crumble and Custard (flour, oats, gluten, eggs)	shortbread (flour, wheat)

Week 2 Commencing
12.01.26, 02.02.26, 02.03.2026, 23.03.26

	Monday	Tuesday	Wednesday	Thursday	Friday
HOT DISH	Chicken and Mushroom Pasta (flour, eggs, milk, wheat)	Bolognese Pasta (flour, eggs, soya, wheat, gluten)	Chicken Curry with Rice and Naan (soya, wheat, flour, gluten)	Sausage and Mash (soya, celery, barley)	Fish Burger (fish, wheat, gluten, flour)
MEAT FREE DISH	Jacket Potato (milk, eggs, fish, soya)	Tomato Pizza Pin Wheels (cheese, gluten, wheat, eggs, flour, milk)	Vegetable Chilli and Rice	Jacket Potato (milk, eggs, fish, soya)	Sweet and Sour Veg
JACKET POTATO, SALADS & SANDWICHES	Ham, Cheese, Egg mayo, Tuna mayo, Beans Jacket, Salads – milk, eggs, fish, cheese Sandwiches/Baguettes – milk, eggs, fish, gluten, wheat	Ham, Cheese, Egg mayo, Tuna mayo, Beans Jacket, Salads – milk, eggs, fish, cheese Sandwiches/Baguettes – milk, eggs, fish, gluten, wheat	Ham, Cheese, Egg mayo, Tuna mayo, Beans Jacket, Salads – milk, eggs, fish, cheese Sandwiches/Baguettes – milk, eggs, fish, gluten, wheat	Ham, Cheese, Egg mayo, Tuna mayo, Beans Jacket, Salads – milk, eggs, fish, cheese Sandwiches/Baguettes – milk, eggs, fish, gluten, wheat	Ham, Cheese, Egg mayo, Tuna mayo, Beans Jacket, Salads – milk, eggs, fish, cheese Sandwiches/Baguettes – milk, eggs, fish, gluten, wheat
DESSERTS	Chocolate Pudding and Custard (flour, wheat, gluten, eggs, milk)	Rice Pudding with Tinned Peaches (milk)	Lemon Drizzle Cake (flour, eggs, gluten, wheat)	Apple Pie and Custard (gluten, flour, milk, wheat)	Fruit Flapjack (oats)

The Woodlands Academy Menu
Week 3 - Commencing
19.01.26, 09.02.2026, 09.03.26

	Monday	Tuesday	Wednesday	Thursday	Friday
HOT DISH	Sausage Pasta (gluten, eggs, wheat, flour, soya)	Beef Enchiladas (gluten, flour, wheat, soya)	Bacon Quiche (eggs, cheese, wheat, flour, gluten)	Pork Dinner with Yorkshire Pudding (eggs, wheat, flour, gluten, cheese)	Creamy Salmon Pasta (fish, gluten, wheat, flour)
MEAT FREE DISH	Jacket Potato (milk, eggs, fish, soya)	Macaroni Cheese (cheese, milk, gluten, wheat, flour)	Veggie Burger (gluten wheat, flour)	Jacket Potato (milk, eggs, fish, soya)	Vegetable Lasagne (gluten, cheese, flour, milk, wheat)
JACKET POTATO, SALADS & SANDWICHES	Ham, Cheese, Egg mayo, Tuna mayo, Beans Jacket, Salads – milk, eggs, fish, cheese Sandwiches/Baguettes – milk, eggs, fish, gluten, wheat	Ham, Cheese, Egg mayo, Tuna mayo, Beans Jacket, Salads – milk, eggs, fish, cheese Sandwiches/Baguettes – milk, eggs, fish, gluten, wheat	Ham, Cheese, Egg mayo, Tuna mayo, Beans Jacket, Salads – milk, eggs, fish, cheese Sandwiches/Baguettes – milk, eggs, fish, gluten, wheat	Ham, Cheese, Egg mayo, Tuna mayo, Beans Jacket, Salads – milk, eggs, fish, cheese Sandwiches/Baguettes – milk, eggs, fish, gluten, wheat	Ham, Cheese, Egg mayo, Tuna mayo, Beans Jacket, Salads – milk, eggs, fish, cheese Sandwiches/Baguettes – milk, eggs, fish, gluten, wheat
DESSERTS	Treacle Sponge and Custard (eggs, milk, flour, wheat, gluten)	Banana Chocolate Brownie (eggs, flour, gluten, wheat)	Butterfly Bun (eggs, flour, wheat, gluten)	Pineapple Upside down Cake and Custard (milk, wheat, flour, gluten)	Chocolate Crispy (milk)

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.