

**The Woodlands Academy Menu**  
**Week 1 - Commencing**

**04.09.23, 25.09.23, 16.10.23, 06.11.23, 27.11.23, 18.12.2023**

	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
<b>HOT DISH</b>	BBQ Chicken Enchiladas  Gluten, Flour, Wheat, Soya, Eggs	Lasagne and Garlic Bread  Gluten, Flour, Eggs, Cheese, Milk, Soya	Bacon and Tomato Pasta with Garlic Bread  Soya, Wheat, Flour, Gluten	Roast Chicken and Stuffing  Flour, Gluten, Wheat	Fish Finger, Chips and Mushy Peas  Fish, Gluten, Flour, Wheat
<b>MEAT FREE DISH</b>	Jacket Potatoes  Fish, Eggs, Cheese, Milk	Coconut Dahl  Soya, Coconut	Veg Chili Tacos  Gluten, Wheat, Soya	Jacket Potatoes  Fish, Eggs, Cheese, Milk	Mediterranean Pasta  Gluten, Eggs, Flour, Milk, Cheese
<b>SALADS &amp; SANDWICHES</b>	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)
<b>DESSERTS</b>	Pineapple Upside-down Cake  Milk, Eggs, Gluten, Wheat, Flour	Fruit Flapjack  Sultanas, Gluten, Oats, Milk	Iced Cake  Gluten, Eggs, Wheat, Flour	Chocolate Crunch and Custard  Eggs, Milk, Flour, Gluten, Wheat	Cookies  Wheat, Flour, Gluten

**Week 2 Commencing**

**11.09.23, 02.10.23, 23.10.23, 13.11.23, 04.12.23**

	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
<b>HOT DISH</b>	Chicken Curry and Rice  Milk, Celery, Gluten	Cottage Pie  Celery, Gluten	Turkey Meatballs  Gluten, Wheat, Eggs, Cheese	Roast Beef and Yorkshire Puddings  Flour, Milk, Gluten, Eggs, Wheat	Salmon Pasta and Garlic Bread  Fish, Cheese, Wheat, Flour, Gluten
<b>MEAT FREE DISH</b>	Jacket Potatoes  Fish, Eggs, Cheese, Milk	Vegetable Curry and Rice  Milk, Celery, Gluten	Cheese and Tomato Quiche  Eggs, Milk, Flour, Cheese, Gluten, Wheat	Jacket Potatoes  Fish, Eggs, Cheese, Milk	Cheese and Tomato Pizza  Milk, Gluten, Flour, Cheese
<b>SALADS &amp; SANDWICHES</b>	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)
<b>DESSERTS</b>	Cornflake Tarte and Custard  Corn, Milk, Wheat	Shortbread  Gluten, Flour, Wheat	Lemon Sponge and Custard  Eggs, Gluten, Milk, Flour, Wheat	Flapjack  Sultanas, Gluten, Oats, Milk	Chocolate Crispy  milk

**The Woodlands Academy Menu**  
**Week 3 - Commencing**  
**18.09.23, 09.10.23, 30.10.23, 20.11.23, 11.12.23**

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>HOT DISH</b>	Bacon and Tomato Pasta with Garlic Bread  Soya, Wheat, Flour, Gluten	Pork Plait  Wheat, Flour, Milk, Gluten	Toad in the Hole  Gluten, Flour, Eggs, Milk, Soya	Roast Chicken and Stuffing  Flour, Gluten, Wheat	Fish Finger, Chips and Mushy Peas  Fish, Gluten, Flour, Wheat
<b>MEAT FREE DISH</b>	Jacket Potatoes  Fish, Eggs, Cheese, Milk	Vegetable Stir-fry  Soya, Celery, Gluten	Vegetable Bolognaise  Gluten, Eggs, Milk, Cheese, Flour	Jacket Potatoes  Fish, Eggs, Cheese, Milk	Sweet and Sour Vegetables  Celery, Soya
<b>SALADS &amp; SANDWICHES</b>	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)
<b>DESSERTS</b>	Flapjack  Sultanas, Gluten, Oats, Milk	Fruit Crumble and Custard  Milk, Oats, Gluten, Flour	Iced Cake  Flour, Wheat, Gluten, Eggs	Chocolate Fudge Cake and Custard  Flour, Wheat, Gluten, Eggs, Milk	Lemon Drizzle Cake  Flour, Wheat, Gluten, Eggs, Milk