

The Woodlands Academy Menu
Week 1 – Commencing
2.9.24, 23.9.24, 14.10.24, 4.11.24, 25.11.24, 16.12.24

	Monday	Tuesday	Wednesday	Thursday	Friday
HOT DISH	Chicken Carbonara (eggs, gluten, mustard, milk, wheat)	Beef Stew (celery, wheat, soya)	Hot Dog (celery, soya, wheat, gluten)	Chicken Dinner (gluten, wheat, soya)	Fish Fingers (fish, wheat, gluten)
MEAT FREE DISH	Vegetable Cottage Pie (milk, gluten, soya, cheese)	Macaroni Cheese (milk, gluten, wheat, cheese, eggs)	Vegetarian Sausage in a Bun (soya, wheat, gluten)	Vegetable Chilli (soya)	Cheese and Tomato Quiche (milk, gluten, eggs, cheese, wheat)
JACKET POTATO, SALADS & SANDWICHES	Ham, Cheese, Egg mayo, Tuna mayo, Beans Jacket, Salads – milk, eggs, fish Sandwiches/Baguettes – milk, eggs, fish, gluten, wheat	Ham, Cheese, Egg mayo, Tuna mayo, Beans Jacket, Salads – milk, eggs, fish Sandwiches/Baguettes – milk, eggs, fish, gluten, wheat	Ham, Cheese, Egg mayo, Tuna mayo, Beans Jacket, Salads – milk, eggs, fish Sandwiches/Baguettes – milk, eggs, fish, gluten, wheat	Ham, Cheese, Egg mayo, Tuna mayo, Beans Jacket, Salads – milk, eggs, fish Sandwiches/Baguettes – milk, eggs, fish, gluten, wheat	Ham, Cheese, Egg mayo, Tuna mayo, Beans Jacket, Salads – milk, eggs, fish Sandwiches/Baguettes – milk, eggs, fish, gluten, wheat
DESSERTS	Chocolate Crunch and Custard (gluten, eggs, wheat, milk)	Flapjack (oats, gluten, milk)	Apple Sponge and Custard (gluten, milk, eggs, wheat)	Chocolate Crispy (milk)	Lemon Muffin (eggs, gluten, wheat, milk)

Week 2 Commencing
9.9.24, 30.9.24, 21.10.24, 11.11.24, 2.12.24

	Monday	Tuesday	Wednesday	Thursday	Friday
HOT DISH	Chicken Curry (wheat, gluten, soya, sultanas, celery, milk)	Minced Beef Hot Pot (soya, wheat)	Turkey Meatballs and Tomato Sauce (gluten, eggs, wheat)	Sausage Dinner (gluten, soya, wheat)	Fish Pie (fish, milk, cheese, gluten)
MEAT FREE DISH	Cheese vegetable Enchiladas (wheat, lactose, cheese, milk)	Creamy Tomato Pasta (milk, cheese, eggs, gluten, wheat)	Coconut Dahl (soya, lentils, coconut milk)	Vegetarian Sausage Dinner (gluten, soya, wheat)	Vegetable Fish Fingers (wheat, rye)
JACKET POTATO, SALADS & SANDWICHES	Ham, Cheese, Egg mayo, Tuna mayo, Beans Jacket, Salads – milk, eggs, fish Sandwiches/Baguettes – milk, eggs, fish, gluten, wheat	Ham, Cheese, Egg mayo, Tuna mayo, Beans Jacket, Salads – milk, eggs, fish Sandwiches/Baguettes – milk, eggs, fish, gluten, wheat	Ham, Cheese, Egg mayo, Tuna mayo, Beans Jacket, Salads – milk, eggs, fish Sandwiches/Baguettes – milk, eggs, fish, gluten, wheat	Ham, Cheese, Egg mayo, Tuna mayo, Beans Jacket, Salads – milk, eggs, fish Sandwiches/Baguettes – milk, eggs, fish, gluten, wheat	Ham, Cheese, Egg mayo, Tuna mayo, Beans Jacket, Salads – milk, eggs, fish Sandwiches/Baguettes – milk, eggs, fish, gluten, wheat
DESSERTS	Sticky Toffee Pudding and Custard (eggs, gluten, wheat, milk)	Rice Pudding and Peaches (milk)	Fruit Crumble and Custard (milk, oats, wheat, gluten)	Chocolate Crispy (milk)	Blueberry Muffin (eggs, wheat, gluten, milk)

The Woodlands Academy Menu
Week 3 - Commencing
16.9.24, 7.10.24, 28.10.24, 18.11.24, 9.12.24

	Monday	Tuesday	Wednesday	Thursday	Friday
HOT DISH	Chicken and Vegetable Pie (milk, gluten, wheat, soya)	Lasagne (eggs, milk, cheese, gluten, wheat, soya)	Pulled Pork and Crispy Taco with Rice (flour, gluten, soya, eggs)	Beef Dinner (soya, flour, milk, gluten, eggs)	Tuna Pasta Bake (fish, cheese, gluten, eggs, milk)
MEAT FREE DISH	Veg Chilli Nachos (soya, cheese, milk)	Cheese Wheel (milk, cheese, gluten, wheat)	Cheese and Tomato Pizza (milk, gluten, cheese, wheat)	Leak and Potato Pie (milk, wheat, gluten, cheese, soya)	Vegetable Curry (milk, celery, gluten)
JACKET POTATO, SALADS & SANDWICHES	Ham, Cheese, Egg mayo, Tuna mayo, Beans Jacket, Salads – milk, eggs, fish Sandwiches/Baguettes – milk, eggs, fish, gluten, wheat	Ham, Cheese, Egg mayo, Tuna mayo, Beans Jacket, Salads – milk, eggs, fish Sandwiches/Baguettes – milk, eggs, fish, gluten, wheat	Ham, Cheese, Egg mayo, Tuna mayo, Beans Jacket, Salads – milk, eggs, fish Sandwiches/Baguettes – milk, eggs, fish, gluten, wheat	Ham, Cheese, Egg mayo, Tuna mayo, Beans Jacket, Salads – milk, eggs, fish Sandwiches/Baguettes – milk, eggs, fish, gluten, wheat	Ham, Cheese, Egg mayo, Tuna mayo, Beans Jacket, Salads – milk, eggs, fish Sandwiches/Baguettes – milk, eggs, fish, gluten, wheat
DESSERTS	Treacle Sponge and Custard (wheat, flour, eggs, milk, gluten)	Lemon Drizzle Cake (wheat, flour, eggs, gluten, milk)	Chocolate Pudding and Custard (wheat, flour, eggs, gluten, milk)	Flapjack (milk, oats, gluten)	Iced Cake (flour, eggs, gluten, wheat, 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.