

The Woodlands Academy Menu
Week 1 – Commencing
01.09.25 / 22.09.25 / 13.10.25 / 10.11.25 / 01.12.25

	Monday	Tuesday	Wednesday	Thursday	Friday
HOT DISH	Spaghetti Bolognaise flour, gluten, wheat	Chicken Tikka, Rice and Naan flour, gluten, celery, wheat, milk, soy	Pulled Pork Wrap flour, wheat, gluten	Roast Beef milk, eggs, gluten, soya, cheese, wheat	Fish Fingers wheat, fish, gluten, flour
MEAT FREE DISH	Jacket Potato milk, eggs, fish, soya	Vegetable Quiche milk, egg, cheese, lactose, flour, gluten	Vegetable Chilli and Rice	Jacket Potato milk, eggs, fish, soya	Creamy Tomato Pasta milk, gluten, egg, wheat, cheese, flour
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	Apple Pie and Custard gluten, milk, wheat, four	Carrot Cake eggs, flour, gluten	Chocolate Crispy milk	Rice Pudding and Fruit milk	Shortbread wheat, gluten

Week 2 Commencing
08.09.25 / 29.09.25 / 20.10.25 / 17.11.25 / 08.12.25

	Monday	Tuesday	Wednesday	Thursday	Friday
HOT DISH	Pork Meatballs in Tomato Sauce with Pasta gluten, wheat, flour	Chicken Burger wheat, gluten, flour	Beef and Onion Pie celery, gluten, wheat, soya, barley	Roast Chicken cheese, barley, wheat, gluten, celery, soya	Battered Fish mustard, soya, milk
MEAT FREE DISH	Jacket Potato milk, eggs, fish, soya	Vegetable Lasagne cheese, flour, milk, gluten	Cheese and Tomato Pin Wheels cheese, gluten, wheat	Jacket Potato milk, eggs, fish, soya	Vegetable Curry Rice and Naan 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	Fruit Muffin gluten, eggs, wheat	Treacle Sponge and Custard gluten, milk, wheat, eggs	Iced Cake gluten, wheat, eggs	Chocolate Crispy milk	Flapjack oats

The Woodlands Academy Menu
Week 3 - Commencing
15.09.25 / 06.10.25 / 03.11.25 / 24.11.25 / 15.12.25wa

	Monday	Tuesday	Wednesday	Thursday	Friday
HOT DISH	Cottage Pie celery, soya, barley	Beef Stew and Dumplings celery, soya, barley, wheat, gluten	Chicken Curry Rice and Naan celery, soya, barley, gluten	Sausage and Mash celery, soya, barley	Salmon Pasta cheese, wheat, gluten
MEAT FREE DISH	Jacket Potato milk, eggs, fish, soya	Vegetable Bolognaise with Pasta gluten, wheat	Vegetable Tacos and Rice	Vegetable Sausage and Mash wheat, soya	Jacket Potato milk, eggs, fish, soya
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	Lemon Drizzle gluten, eggs, wheat, flour	Fruit Flapjack oats	Fruit Crumble and Custard milk, gluten, wheat, flour	Chocolate Iced Cake eggs, wheat, gluten, flour	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.