

## 'Woodlands menu. Week 1

Day – week 1	Breakfast	Dinner	Pudding	Tea	Pudding
Monday	Cereal/toast and toppings/fruit Allergen: milk, cereals containing gluten, soyabeans	MACARONI CHEESE, PEAS AND GARLIC BREAD Allergens; wheat, cereals containing gluten, milk Vegetarian suitable	YOGHURT Vegetarian suitable  Allergens; Milk	TOMATO SOUP AND Rolls Vegetarian suitable Allergens; wheat, milk, celery	Fruit muffins Vegetarian suitable  Allergens; Cereals containing gluten, milk
Tuesday	Cereal/toast and toppings/fruit Allergen: milk, cereals containing gluten, soyabeans	FISH PIE WITH LEEKY MASH AND CARROTS AND PEAS Vegetarian option: Cheese leek potato pie with carrots and peas  Allergens; Fish, celery, soya, milk, barley	FRUITY RICE PUDDING Vegetarian suitable  Allergens; milk,	CRUMPETS WITH CREAM CHEESE AND PATE Vegetarian option NO PATE Allergens; Cereals containing gluten, milk, May contain: Soya	FROMAGE FRAIS Vegetarian suitable  Allergens; milk
Wednesday	Cereal/toast and toppings/fruit Allergen: milk, cereals containing gluten, soyabeans	PASTA WITH COURGETTE, MUSHROOM AND CREAM SAUCE Vegetarian suitable  Allergen; cereals containing gluten, sulphates, wheat, milk	FRUITY JELLY Vegetarian alternative  Allergen;	JACKET POTATOES WITH BAKED BEANS Vegetarian suitable  Allergens; wheat, cereals containing gluten	STRAWBERRY MOUSSE  Vegetarian suitable Allergen; milk
Thursday	Cereal/toast and toppings/fruit Allergen: milk, cereals containing gluten, soyabeans	PORK FRIED RICE WITH VEGETABLES Vegetarian option: Quorn mince fried rice with Vegetables  Allergens;, soyabeans, cereals containing gluten	BANANAS AND CUSTARD Vegetarian option  Allergens; milk	MIXED SANDWICHES WITH SALAD & crisps (OOS)  Allergens; wheat, cereals containing gluten, milk	CHOCOLATE & OATMEAL COOKIES Vegetarian option  Allergen; Wheat, egg, cereals containing gluten
Friday	Cereal/toast and toppings/fruit Allergen: milk, cereals containing gluten, soyabeans	CHICKEN NUGGETS WITH WEDGES AND MIXED VEG Vegetarian option -Quorn Nuggets with homemade wedges and mixed vegetables.  Allergens; wheat, cereals containing gluten	Fresh fruit salad Vegetarian option  Allergen; milk	TOMATO PASTA WITH PEAS Vegetarian option  Allergens; wheat, cereal containing gluten	Frozen frubes Vegetarian suitable  Allergen; milk,

## Woodlands menu. Week 2

Day – week 2	Breakfast	Dinner	Pudding	Tea	Pudding
Monday	Cereal/toast and toppings/fruit <b>Allergen:</b> milk, cereals containing gluten, soyabeans	FISH FINGERS, HOMEMADE WEDGES AND PEAS <i>Vegetarian option: Vegetable fingers, homemade wedges and peas</i>  <b>Allergens; fish, wheat, cereals containing gluten</b>	APPLE CRUMBLE AND CUSTARD <i>Vegetarian suitable</i>  <b>Allergens; milk, wheat</b>	JACKET POTATO SERVED WITH CHEESE AND HOMEMADE COSELAW <i>Vegetarian suitable</i>  <b>Allergens;, Celery, milk, soya</b>	YOGHURT <i>Vegetarian suitable</i>  <b>Allergen; milk</b>
Tuesday	Cereal/toast and toppings/fruit <b>Allergen:</b> milk, cereals containing gluten, soyabeans	SPAGHETTI BOLOGNAISE <i>Vegetarian option: Quorn mince spaghetti bolognaise</i>  <b>Allergens; wheat, milk, soya, cereals containing gluten</b>	FRUIT MUFFINS <i>Vegetarian suitable</i>  <b>Allergens; cereals containing gluten, soya, milk, wheat, egg</b>	MIXED WRAPS AND SALAD <i>Vegetarian suitable</i>  <b>Allergens; cereals containing gluten, milk, soyabeans, sulphites, wheat</b>	TINNED PEACHES <i>Vegetarian suitable</i>  <b>Allergen; milk</b>
Wednesday	Cereal/toast and toppings/fruit <b>Allergen:</b> milk, cereals containing gluten, soyabeans	CHICKEN AND VEGETABLE HOTPOT with couscous <i>Vegetarian option: Vegetable hotpot with Quorn pieces</i>  <b>Allergens; wheat, celery, soya, milk, cereals containing gluten, barley</b>	FRUITY JELLY <i>Vegetarian suitable</i>  <b>Allergen;</b>	Cheese and broccoli QUICHE SERVED WITH SALAD <i>Vegetarian suitable</i>	MOUSSE <i>Vegetarian suitable</i>  <b>Allergens; milk</b>
Thursday	Cereal/toast and toppings/fruit <b>Allergen:</b> milk, cereals containing gluten, soyabeans	SAUSAGE SURPRISE WITH CREAMY MASH POTATOES <i>Vegetarian option: Vegetarian sausages with creamy mash potatoes</i>  <b>Allergens; milk, celery, cereals containing gluten</b>	FRUITY YOGHURTS <i>Vegetarian suitable</i>  <b>Allergen; milk</b>	MIXED SANDWICHES WITH SALAD & crisps (OOS)  <b>Allergens; wheat, cereals containing gluten, milk</b>	Mixed melon <i>Vegetarian suitable</i>  <b>Allergen; milk, barley, cereals containing gluten</b>
Friday	Cereal/toast and toppings/fruit <b>Allergen:</b> milk, cereals containing gluten, soyabeans	VEGETABLE CURRY WITH NAAN BREAD AND COUS COUS <i>Vegetarian suitable</i> <b>Allergens: wheat, cereals containing gluten</b>	FROMAGE FRAIS <i>Vegetarian suitable</i>  <b>Allergen; milk</b>	LEEK AND POTATO SOUP <i>Vegetarian suitable</i>  <b>Allergen; milk, celery</b>	Fruit muffin <i>Vegetarian suitable</i> <b>Allergen; Milk, wheat, eggs, cereals containing gluten</b>

## Woodlands menu. Week 3

Day – week 3	Breakfast	Dinner	Pudding	Tea	Pudding
Monday	Cereal/toast and toppings/fruit <b>Allergen:</b> milk, cereals containing gluten, soyabeans	SPICY BEEF NOODLES <i>Vegetarian option: Spicy Quorn noodles</i>  <b>Allergens; soya, celery, wheat, barley, cereals containing gluten</b>	AFGAN COOKIES <i>Vegetarian suitable</i>  <b>Allergens; wheat, cereal containing gluten, milk</b>	SANDWICHES AND SALAD with crisps in OOS <i>Vegetarian suitable</i> <b>Allergens; cereals containing gluten, milk, soya, sulphites, wheat</b>	FRUIT SALAD <i>Vegetarian suitable</i>  <b>Allergen;</b>
Tuesday	Cereal/toast and toppings/fruit <b>Allergen:</b> milk, cereals containing gluten, soyabeans	CHEESE AND POTATO PIE TOPPED WITH TOMATOES WITH BEANS <i>Vegetarian suitable</i> <b>Allergens: Milk, celery, cereals containing gluten,</b>	STEWED FRUIT AND CUSTARD <i>Vegetarian suitable</i>  <b>Allergen; milk</b>	VEGETABLE SOUP WITH ROLLS <i>Vegetarian suitable</i>  <b>Allergens; wheat, celery, soyabeans</b>	YOGHURT <i>Vegetarian suitable</i>  <b>Allergen; milk</b>
Wednesday	Cereal/toast and toppings/fruit <b>Allergen:</b> milk, cereals containing gluten, soyabeans	CHICKEN CURRY WITH RICE AND NAAN BREAD <i>Vegetarian option: Vegetable curry served with rice and naan bread</i>  <b>Allergens; milk, celery, barley, wheat, cereals containing gluten</b>	MIXED MELON CHUNKS AND GRAPES <i>Vegetarian suitable</i>  <b>Allergens;</b>	MACARONI CHEESE <i>Vegetarian suitable</i>  <b>Allergens; wheat, cereals containing gluten, milk, celery</b>	OAT & RAISIN FLAPJACK  <i>Vegetarian suitable</i> <b>Allergen; Oats, cereal, eggs, milk</b>
Thursday	Cereal/toast and toppings/fruit <b>Allergen:</b> milk, cereals containing gluten, soyabeans	CHUNKY VEGETABLE PASTA BAKE <i>Vegetarian suitable</i>  <b>Allergen; milk, wheat, cereals containing gluten</b>	ANGEL DELIGHT WITH PEAR <i>Vegetarian suitable</i>  <b>Allergen; milk</b>	CHEESE QUICHE SERVED WITH SALAD <i>Vegetarian option</i> <b>Allergen; wheat, egg, milk, cereals containing gluten</b>	FRUBES  <i>Vegetarian option</i> <b>Allergen: milk</b>
Friday	Cereal/toast and toppings/fruit <b>Allergen:</b> milk, cereals containing gluten, soyabeans	COTTAGE PIE (PORK MINCE) WITH WINTER VEGETABLES <i>Vegetarian option: Cottage pie made with a vegetable gravy (Quorn mince) with winter vegetables</i>  <b>Allergens; milk, celery, barley, wheat</b>	JAM SPONGE <i>Vegetarian option</i>  <b>Allergen; milk, egg, wheat, milk, soya</b>	CRUMPETS AND BEANS <i>Vegetarian option</i>  <b>Allergen; wheat, cereals containing gluten</b>	Fruit platter  <i>Vegetarian option</i> <b>Allergens;</b>