

Woodlands menu. Week 1

Day – week 1	Breakfast	Dinner	Pudding	Tea	Pudding
Monday	Cereal and toast Allergen: milk, cereals containing gluten, soyabeans	Mushroom and ham spaghetti carbonara with garlic bread. Allergen: Milk, gluten. Wheat, egg.	Tropical fruit salad	Cheesy crumpets Allergen: Gluten, soya, sulphites	Jammy volcanoes Allergen; Gluten, milk
Tuesday	Cereal and toast Allergen: milk, cereals containing gluten, soyabeans	Fisherman's pie with sweet potato mash and summer vegetables Allergen, Fish, wheat, gluten, milk	Chocolate chip cookies Allergen: Wheat, gluten, milk, soya	Savoury scones with ham salad Allergen; Wheat, milk	Assorted fruit platter
Wednesday	Cereal and toast Allergen: milk, cereals containing gluten, soyabeans	Pork and vegetable fried rice Allergen: Milk, celery.	Oaty delight Allergen: Wheat, milk, gluten	Pin wheel pizzas OOS With chips Allergen: Wheat, gluten, milk	Milk Lollies Allergen; Milk
Thursday	Cereal and toast Allergen: milk, cereals containing gluten, soyabeans	Cheesy potato pie with bacon bits and topped with tomatoes with beans Allergen; Milk	Ice-cream cornets Allergen: Wheat, gluten, milk	Pasta shells in a tomato and vegetable sauce Allergen; Wheat, egg, celery	Homemade jaffa cake squares Allergen; Wheat, egg, soya, gluten
Friday	Cereal and toast Allergen: milk, cereals containing gluten, soyabeans	Quorn Enchiladas with vegetable cous cous Allergen; Milk, gluten, wheat	Chocolate crispy cakes Allergen; Soya, barley, milk	Spaghetti hoops on wholemeal toast Allergen; Wheat	Simple apple tarts Allergen; Wheat, milk, egg, gluten

Woodlands menu. Week 2

Day – week 2	Breakfast	Dinner	Pudding	Tea	Pudding
Monday	Cereal and toast Allergen: milk, cereals containing gluten, soyabeans	Sausage, mash potatoes and seasonal vegetables with gravy Allergen; Milk, wheat, barley, soya.	Stewed apple and custard Allergen; Milk	Bagels and toppings with salad sticks Allergen; Milk, gluten, wheat	Strawberry mousse Allergen; Milk
Tuesday	Cereal and toast Allergen: milk, cereals containing gluten, soyabeans	Moroccan chicken with cous cous Allergen; Wheat	Natural yoghurt with fruit compote Allergen; Milk	Quiche with sweetcorn and peas Allergen; Milk, egg wheat	Brownies Allergen; Egg, wheat, gluten, milk
Wednesday	Cereal and toast Allergen: milk, cereals containing gluten, soyabeans	Spicy beef egg noodles Allergen; Celery, egg	Assorted melon triangles	Open topped tuna and cucumber finger rolls with assorted salad. Allergen; Fish, wheat, gluten	Fromage Frais Allergen; Milk
Thursday	Cereal and toast Allergen: milk, cereals containing gluten, soyabeans	Tuna pasta bake with sweetcorn Allergen; Fish, wheat, milk	Homemade rice pudding and fruit compote Allergen; Milk	Pea and ham frittata Allergen; Egg	Fruit tarts Allergen; Wheat, egg, gluten
Friday	Cereal and toast Allergen: milk, cereals containing gluten, soyabeans	Homemade burgers and wedges Allergen; Wheat, soya, gluten	Frozen Frubes Allergen; Milk	Assorted sandwiches with with salad bits OOS Chips Allergen; Wheat, gluten, milk, fish	Homemade blackberry tray bake Allergen; Egg, wheat

Woodlands menu. Week 3

Day – week 3	Breakfast	Dinner	Pudding	Tea	Pudding
Monday	Cereal and toast Allergen: milk, cereals containing gluten, soyabeans	Quorn lasagne with garlic bread Allergen; Milk, wheat, egg	Fromage frais Allergen; Milk	Sausage rolls with spaghetti hoops Allergen; Wheat, gluten	Rainbow fruit salad
Tuesday	Cereal and toast Allergen: milk, cereals containing gluten, soyabeans	Jacket potato with chilli con carne Allergen; Celery	Strawberries and cream Allergen; Milk	Minestrone soup with crusty bread Allergen; Wheat	Homemade cookies Allergen; Wheat, egg, gluten
Wednesday	Cereal and toast Allergen: milk, cereals containing gluten, soyabeans	Fish fingers, homemade wedges with vegetables and parsley sauce Allergen; Wheat, milk, fish	Fruity custard Allergen; Milk	B.L.T pockets Allergen; Wheat	Chocolate crispy cakes Allergen; Soya, barley, milk
Thursday	Cereal and toast Allergen: milk, cereals containing gluten, soyabeans	Sweet and sour chicken with Noodles Allergen; Wheat, celery	Peaches and ice-cream Allergen; Milk	Chicken tikka wraps Allergen; Milk, wheat, Gluten	Fruity Jelly
Friday	Cereal and toast Allergen: milk, cereals containing gluten, soyabeans	Vegetable curry with naan bread and rice Allergen; Wheat, celery, barley, soya	Yoghurt Allergen; Milk	Homemade pizzas with assorted toppings. Allergen; Milk, wheat	Homemade iced fairy cakes Allergen; Wheat, egg, gluten