

Woodlands menu. Week 1

Day – week 1	Breakfast	Dinner	Pudding	Tea	Pudding
Monday	Cereal and toast with butter and fruit jam served with raisins and blueberries Allergen: milk, cereals containing gluten, soyabeans	Fisherman's pie with sweet potato mash, peas and sweetcorn. Allergen: Milk, gluten. Wheat, fish	Tropical fruit salad	Wraps with assorted fillings and salad bar Allergen: Gluten, soya, sulphites	Yogurts Allergen; Gluten, milk
Tuesday	Cereal and toast with butter and fruit jam served with raisins and blueberries Allergen: milk, cereals containing gluten, soyabeans	Chicken and mushroom supreme with vegetable rice. Allergen, wheat, gluten, milk	Chocolate Mousse Allergen: Wheat, gluten, milk, soya	Sausage rolls and beans with salad bar Allergen; Wheat, milk	Honeydew and water melon
Wednesday	Cereal and toast with butter and fruit jam served with raisins and blueberries Allergen: milk, cereals containing gluten, soyabeans	Spaghetti Bolognese with seasonal vegetables. Allergen: Milk, celery.	Fruity Jelly Allergen:	Quiche and salad bar Allergen: Wheat, gluten, milk	Fresh pineapple
Thursday	Cereal and toast with butter and fruit jam served with raisins and blueberries Allergen: milk, cereals containing gluten, soyabeans	Moroccan chicken with sweet potato wedges Allergen; Milk	Homemade Flapjacks Allergen: Wheat, gluten, barley	Mixed sandwiches with salad bar Allergen; Wheat, fish	Tinned rice pudding with blueberries Allergen; Wheat, egg, soya, gluten
Friday	Cereal and toast with butter and fruit jam served with raisins and blueberries Allergen: milk, cereals containing gluten, soyabeans	Sweet potato curry with rice and naan bread. Allergen; Milk, gluten, wheat	Fruit Yoghurt Allergen; milk	pizzas with salad bar Allergen; Wheat, egg, celery, fish	Banana angel delight Allergen; milk,

Woodlands menu. Week 2

Day – week 2	Breakfast	Dinner	Pudding	Tea	Pudding
Monday	Cereal and toast with butter and fruit jam served with raisins and blueberries Allergen: milk, cereals containing gluten, soyabeans	Sweet and sour chicken with noodles and prawn crackers. Allergen; Milk, wheat, barley, soya.	Cornflake treacle tart Allergen; barley, gluten	Beans and cheese on wholemeal toast with salad bar Allergen; wheat, gluten	Fresh melon and pineapple
Tuesday	Cereal and toast with butter and fruit jam served with raisins and blueberries Allergen: milk, cereals containing gluten, soyabeans	Sausage and vegetable casserole. Allergen; Wheat	Stewed apple and custard Allergen; Milk	Mixed sandwiches with salad bar Allergen; Milk, egg wheat	Fromage frais Allergen; milk
Wednesday	Cereal and toast with butter and fruit jam served with raisins and blueberries Allergen: milk, cereals containing gluten, soyabeans	Tuna, tomato, pepper and mozzarella pasta bake and garlic bread. Allergen; fish,wheat, egg, gluten, milk	Homemade rice pudding and fruit compote Allergen; Milk	Wraps with assorted fillings and salad bar Allergen; Milk, gluten, wheat, soya	Fresh fruit salad Allergen;
Thursday	Cereal and toast with butter and fruit jam served with raisins and blueberries Allergen: milk, cereals containing gluten, soyabeans	Cottage pie with summer vegetables. Allergen;	Peaches and ice cream Allergen; Milk	Tomato soup with crusty bread	Fruit yoghurts Allergen; wheat, milk
Friday	Cereal and toast with butter and fruit jam served with raisins and blueberries Allergen: milk, cereals containing gluten, soyabeans	Vegetable Risotto Allergen; Wheat, soya, gluten	Frozen Frubes Allergen; Milk	Hotdogs and salad bar	Homemade cookies Allergen; Egg, wheat

Woodlands menu. Week 3

Day – week 3	Breakfast	Dinner	Pudding	Tea	Pudding
Monday	<p>Cereal and toast with butter and fruit jam served with raisins and blueberries</p> <p>Allergen: milk, cereals containing gluten, soyabeans</p>	<p>Meaty pasta bake with sweetcorn and peas.</p> <p>Allergen; gluten, wheat, egg</p>	<p>Fresh melon</p> <p>Allergen; Milk</p>	<p>Mixed sandwiches with salad bar</p> <p>Allergen; Wheat, gluten</p>	<p>Ice cream cones</p> <p>Allergen; Milk</p>
Tuesday	<p>Cereal and toast with butter and fruit jam served with raisins and blueberries</p> <p>Allergen: milk, cereals containing gluten, soyabeans</p>	<p>Cheese and potato pie with bacon bits topped with tomatoes.</p> <p>Allergen; Celery,milk</p>	<p>Strawberries and cream</p> <p>Allergen; Milk</p>	<p>homemade Minestrone soup with crusty bread</p> <p>Allergen; Wheat</p>	<p>Homemade flapjack</p> <p>Allergen; Wheat, egg, gluten</p>
Wednesday	<p>Cereal and toast with butter and fruit jam served with raisins and blueberries</p> <p>Allergen: milk, cereals containing gluten, soyabeans</p>	<p>Pork and chunky vegetable enchiladas with cous cous.</p> <p>Allergen; Wheat, gluten</p>	<p>Fresh sliced pineapple</p> <p>Allergen; Milk</p>	<p>Fishfinger sandwiches with spaghetti hoops and salad bar</p> <p>Allergen; Wheat</p>	<p>Mixed melon</p> <p>Allergen; Soya, barley, milk</p>
Thursday	<p>Cereal and toast with butter and fruit jam served with raisins and blueberries</p> <p>Allergen: milk, cereals containing gluten, soyabeans</p>	<p>Fish in a parsley sauce with homemade wedges and mushy peas.</p> <p>Allergen; Wheat, fish, milk, gluten, soya</p>	<p>Homemade Jam tart with custard</p> <p>Allergen; Milk, wheat, gluten, soya</p>	<p>Wraps with assorted fillings and salad bar</p> <p>Allergen; Milk, wheat, Gluten</p>	<p>Yoghurts</p> <p>Allergen; Milk</p>
Friday	<p>Cereal and toast with butter and fruit jam served with raisins and blueberries</p> <p>Allergen: milk, cereals containing gluten, soyabeans</p>	<p>Spicy beef noodles with mixed veg</p> <p>Allergen; Wheat, celery, barley, soya</p>	<p>Strawberry mousse</p> <p>Allergen; Milk</p>	<p>Toasted muffins with pate or cream cheese and salad bar</p> <p>Allergen; Milk, wheat</p>	<p>Fresh fruit</p>