

Woodlands menu. Week 1

Day – week 1	Breakfast	Dinner	Pudding	Tea	Pudding
Monday	Cereal and toast Allergen: milk, cereals containing gluten, soyabeans	MACARONI CHEESE, PEAS AND GARLIC BREAD Allergens; wheat, milk	YOGHURT Allergens; Milk	TOMATO SOUP AND Rolls Allergens; wheat, milk, mustard	CHOCOLATE CRISPY CAKES Allergens; Cereals containing gluten, milk
Tuesday	Cereal and toast Allergen: milk, cereals containing gluten, soyabeans	CHICKEN AND VEGETABLE HOTPOT Allergens; celery, soyabeans, milk	FRUITY RICE PUDDING Allergens; milk	SCRAMBLED EGG AND BEANS Allergens; eggs	FROMAGE FRAIS Allergens; milk
Wednesday	Cereal and toast Allergen: milk, cereals containing gluten, soyabeans	BEEF STEW AND DUMPLINGS Allergen; cereals containing gluten, soyabeans, celery, sulphates, wheat, barley, milk	FRUITY JELLY Allergen;	Hot dogs in finger rolls Allergens; wheat	STRAWBERRY MOUSSE Allergen; milk
Thursday	Cereal and toast Allergen: milk, cereals containing gluten, soyabeans	FISH PIE WITH LEEKY MASH AND CARROTS Allergens; milk, cereals containing gluten, soyabeans, celery, fish	BANANAS AND CUSTARD Allergens; milk	CHEESE AND HAM TOASTIES WITH SALAD Oos CHIPS Allergens; wheat, cereals containing gluten, milk	Chocolate chip cookies Allergen; Wheat, egg, cereals containing gluten
Friday	Cereal and toast Allergen: milk, cereals containing gluten, soyabeans	TOAD IN THE HOLE Allergens; milk, wheat, cereals containing gluten, mustard, sulphites	CHEESE CAKE Allergen; egg, wheat, milk	Meaty bagels Allergens; wheat, cereal containing gluten	FRUITY YOGHURT Allergen; milk,

Woodlands menu. Week 2

Day – week 2	Breakfast	Dinner	Pudding	Tea	Pudding
Monday	Cereal and toast Allergen: milk, cereals containing gluten, soyabeans	WINTER VEGETABLE CURRY WITH COUS COUS AND NAAN BREAD Allergens; Milk, celery, cereals containing gluten, milk.	CRUMBLE AND CUSTARD Allergens; milk, wheat	SAUSAGE ROLLS AND BEANS Allergens; egg, wheat, cereal containing gluten	PEACHES AND CREAM Allergen; milk
Tuesday	Cereal and toast Allergen: milk, cereals containing gluten, soyabeans	SPAGHETTI AND MEATBALLS Allergens; wheat, milk, soya, sulphites, cereals containing gluten	JAFFA CAKE Allergens; cereals containing gluten, soya, milk, wheat	CHICKEN TIKKA WITH WRAPS AND SALAD Allergens; cereals containing gluten, milk, soyabeans, sulphites, wheat	JELLY Allergen;
Wednesday	Cereal and toast Allergen: milk, cereals containing gluten, soyabeans	CHICKEN AND VEGETABLE PIE WITH SWEET MASH AND GRAVY Allergens; wheat, celery, soya, milk, cereals containing gluten, barley	FROMAGE FRAIS Allergen; Milk	BEANS ON WHOLEMEAL TOAST Allergen; wheat,	HOMEMADE COOKIES Allergens; egg, wheat, cereals containing gluten
Thursday	Cereal and toast Allergen: milk, cereals containing gluten, soyabeans	CHILLI CON CARNE, RICE AND TORTILLAS Allergens; milk, celery, cereals containing gluten	ANGEL DELIGHT WITH FRUIT Allergen; milk	LEEK AND POTATO SOUP Allergen; milk, celery	CORNFLAKE TREACLE TART Allergen; milk, barley, cereals containing gluten
Friday	Cereal and toast Allergen: milk, cereals containing gluten, soyabeans	FISH FINGERS, HOMEMADE WEDGES AND PEAS Allergens; fish, wheat, cereals containing gluten	OATY DELIGHT Allergen; milk	RAVOLI AND CRUSTY BREAD Allergen; wheat, cereals containing gluten.egg	CHOCOLATE CHIP CAKE Allergen; Milk, wheat, eggs, cereals containing gluten

Woodlands menu. Week 3

Day – week 3	Breakfast	Dinner	Pudding	Tea	Pudding
Monday	Cereal and toast Allergen: milk, cereals containing gluten, soyabeans	SPICY BEEF NOODLES Allergens; soya, celery, wheat, barley, cereals containing gluten	AFGAN COOKIES Allergens; wheat, cereal containing gluten, milk	SANDWICHES AND SALAD OOS CHIPS Allergens; cereals containing gluten, milk, soya, sulphites, wheat	FRUIT SALAD Allergen;
Tuesday	Cereal and toast Allergen: milk, cereals containing gluten, soyabeans	FISH RISOTTO Allergens: Milk, celery, cereals containing gluten, fish	STEWED FRUIT AND CUSTARD Allergen; milk	VEGETABLE SOUP WITH ROLLS Allergens; wheat, celery, soyabeans	YOGHURT Allergen; milk
Wednesday	Cereal and toast Allergen: milk, cereals containing gluten, soyabeans	COTTAGE PIE WITH WINTER VEGETABLES Allergens; milk, celery, barley, wheat	OAT AND RAISIN FLAPJACK Allergens; wheat, cereals containing gluten, milk	TOMATO PASTA WITH PEAS Allergens; wheat, cereals containing gluten, milk, celery	CHOCOLATE MOUSSE Allergen; milk
Thursday	Cereal and toast Allergen: milk, cereals containing gluten, soyabeans	CHUNKY VEGETABLE PASTA BAKE Allergen; milk, wheat, cereals containing gluten	JAM SPONGE Allergen; egg milk, wheat, cereals containing gluten	CHICKEN FAJITAS Allergen; wheat, egg, milk, cereals containing gluten	FRUBES Allergen: milk
Friday	Cereal and toast Allergen: milk, cereals containing gluten, soyabeans	CHICKEN AND BACON HOTPOT Allergens; celery, milk, barley, wheat	FRUIT YOGHURT Allergen; milk	CRUMPETS AND BEANS Allergen; wheat	SHORTBREAD COOKIES Allergens; milk, wheat, cereal containing gluten