

Weekly Menu

WEEK 1

Sept 1, Sept 22, Oct 13, Nov 10, Dec 1.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SOUP

Sweet Potato & Coconut Soup with Homemade Bread & Topping station

Parsnip & Carrot Soup with Homemade Bread & Topping station

Leek & Potato Soup with Homemade Bread & Topping station

Miso Soup with Homemade Bread & Topping station

Winter Broth with Pearl Barley with Homemade Bread & Topping station

MAINS

Pork Ragu bake with Penne topped with Cheese

Mexican Pulled Beef Nachos

Herb Rubbed Roast Chicken

Macaroni Cheese with all the toppings

Jumbo Fish Fingers

MAINS (V)

Squash & Spinach Pasta Cheese topping

Chipotle BBQ Jackfruit

Butternut Squash & Feta Parcel

Macaroni Cheese

Sweet potato & Chickpea Falafel Flatbread with Mint Yoghurt

JACKETS OR PASTA

Jacket Bar with Toppers

Pasta Bar with Sauces

Jacket Bar with Toppers

Pasta Bar with Sauces

Jacket Bar with Toppers

SIDES

Garlic Bread
Sweetcorn
Steamed Broccoli

Rice, Roasted Cauliflower, Street corn, Salsa, Sour crème, Guacamole

Roast Potatoes
Steamed Carrots, Green Beans

Crispy Bacon, Chargrilled chicken
Roasted Med Veg
Crispy Onions
Tomato & Rocket Salad

Chips, Peas & Mushy Peas,
Curry Sauce, Beans, Tartar Sauce

DESSERT

Coconut & Jam Sponge

Lemon & Poppyseed Shortbread

Chocolate Tiffin

Berry Mess

Pancakes, Fruit Compote & whipped cream

Cut fruit & Yoghurt pots

Cut fruit & Yoghurt pots

Cut fruit & Yoghurt pots

Cut fruit & Yoghurt pots

Cut fruit & Yoghurt pots



For allergen & nutritional information, please speak to a member of the team.



Crustaceans



Eggs



Tree Nuts



Mustard



Celery



Soybeans



Sesame Seeds



Milk



Fish



Peanuts



Lupin



Gluten



Sulphur Dioxide



Molluscs

WEEKLY MENU

Sept 1, Sept 22, Oct 13, Nov 10, Dec 1.

The
WOODLAND
KITCHEN

WEEK 1

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

AM
Break
Prep
School

Banana & Berry
Smoothie

Gluten Free Flapjack

Date & Coconut
Protein Balls

Lemon & Oat Cookie

Carrot Hummus &
Cucumber stick pot



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information, please speak
to a member of the team.



Crustaceans



Eggs



Tree Nuts



Mustard



Celery



Soybeans



Sesame
Seeds



Milk



Fish



Peanuts



Lupin



Gluten



Sulphur
Dioxide



Molluscs

Weekly Menu

WEEK 2

Sept 8, Sept 29, Oct 20, Nov 17, Dec 8.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SOUP

Butternut Squash & Chilli Soup with Homemade Bread & Topping station

Pea & Mint Soup with Homemade Bread & Topping station

Carrot & Coriander Soup with Homemade Bread & Topping station

Beetroot & Coconut Soup with Homemade Bread & Topping station

Roasted Parsnip Soup with Homemade Bread & Topping Station

MAINS

Pork Sausages with Gravy

Slow Cooked Beef Goulash with baby onions and carrots

Roast Pork Loin with Apple sauce & Crackling

Chicken Paella

All American hotdogs with toppings

MAINS (V)

Vegetable & Bean Cassoulet

Pesto Gnocchi Grattan with courgettes and white beans

Mushroom & Bean Stroganoff Pie

Vegetarian paella with butterbeans and chickpeas

Vegan Hot Dogs with all toppings

JACKETS OR PASTA

Jacket Bar with Toppers

Pasta bar with Sauces

Jacket Bar with Toppers

Pasta bar with Sauces

Jacket Bar with Toppers

SIDES

Mash, Gravy, Peas

Rice, Sweetcorn, Roasted Courgettes

Roasted Carrots, Steamed Broccoli, Herby new Potatoes

Roast Cauliflower, Green Beans

Chips, Peas, Curry Sauce, Beans, ketchup and mayo

DESSERT

Carrot Cake with Cream Cheese Frosting

Low Sugar Beetroot Brownie

Mango & Coconut Cheesecake

Berry & Pear Crumble with Custard

St Clements Drizzle Cake with Cream

Dessert pots, Cut fruit & Yoghurt pots

Dessert pots, Cut fruit & Yoghurt pots

Dessert pots, Cut fruit & Yoghurt pots

Dessert pots, Cut fruit & Yoghurt pots

Dessert pots, Cut fruit & Yoghurt pots



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Crustaceans



Eggs



Tree Nuts



Mustard



Celery



Soybeans



Sesame Seeds



Milk



Fish



Peanuts



Lupin



Gluten



Sulphur Dioxide



Molluscs

WEEKLY MENU

Sept 8, Sept 29, Oct 20, Nov 17, Dec 8.

The
WOODLAND
KITCHEN

WEEK 2

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

AM
Break
Prep
School

Apple Cake

Mango & Coconut
Smoothie

Toasted Tea cake

Spanish Frittata

Jam Crumpet



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information, please speak
to a member of the team.



Crustaceans



Eggs



Tree Nuts



Mustard



Celery



Soybeans



Sesame
Seeds



Milk



Fish



Peanuts



Lupin



Gluten



Sulphur
Dioxide



Molluscs

Weekly Menu

WEEK 3

Sept 15, Oct 6, Nov 3, Nov 24

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SOUP

Super Greens Soup with
Homemade Bread & Topping
station

French Onion Soup with
Homemade Bread & Topping
station

Sweetcorn chowder Soup with
Homemade Bread & Topping
station

Roast Tomato Soup with
Homemade Bread & Topping
station

Indian Cauliflower Soup with
Homemade Bread & Topping
station

MAINS

Classic Beef & Lentil Bolognese
with a Parmesan crumb & Nut
free Pesto

Spanish Chicken with Peppers and
green beans

Honey & Mustard Roast Gammon

Moroccan Lamb Tagine

Chicken Schnitzel with cheese
sauce

MAINS (V)

Aubergine Parmigiana

Cheese and bean croquettes

Root Vegetable & Lentil
Wellington

Courgette & Chickpea Tagine

Aubergine Schnitzel with
cheese sauce

JACKETS OR PASTA

Jacket Bar with Toppers

Pasta Bar With Sauces

Jacket Bar with Toppers

Pasta Bar With Sauces

Jacket Bar with Toppers

SIDES

Penne Pasta, Roast Carrots, Green
Beans

Rice & Peas, Bread Rolls , Corn
Cob

Roast Carrot, Pan Fried Cabbage,
Roast Potatoes

Pomegranate couscous, Charred
Cauliflower, Green Beans

Coconut Rice, Stir Fry Greens,
Pickled Cucumber & Peas

DESSERT

Apple & Berry Crumble with
Custard

Fruit, Coconut & Seed Flapjack

Sticky Toffee Pudding with
Custard

Build your own Yoghurt Bar with
Toppings

Ice-cream Station

Dessert pots, Cut fruit & Yoghurt
pots

Dessert pots, Cut fruit & Yoghurt
pots

Dessert pots, Cut fruit & Yoghurt
pots

Dessert pots & Cut fruit

Dessert pots, Cut fruit &
Yoghurt pots



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information, please speak
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Crustaceans



Eggs



Tree Nuts



Mustard



Celery



Soybeans



Sesame
Seeds



Milk



Fish



Peanuts



Lupin



Gluten



Sulphur
Dioxide



Molluscs

WEEKLY MENU

Sept 15, Oct 6, Nov 3, Nov 24

The
WOODLAND
KITCHEN

WEEK 3

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

AM
Break
Prep
School

Croissant

Courgetti Cake

Banana & Coco
Milkshake

Cheese Scone

Doughnut



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to a member of the team.



Crustaceans



Eggs



Tree Nuts



Mustard



Celery



Soybeans



Sesame
Seeds



Milk



Fish



Peanuts



Lupin



Gluten



Sulphur
Dioxide



Molluscs