

# Weekly Menu

WEEK 1

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

Junior School

## 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.

Junior School

*The*  
**WOODLAND  
KITCHEN**

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

**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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Molluscs

# LUNCH

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

Senior School and Boarders

*The*  
**WOODLAND  
KITCHEN**

WEEK 1

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

SOUP

Sweet Potato &  
Coconut Soup with  
Homemade Bread &  
Topping station

Parsnip and 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

Boxed

Boxed

MAINS

Pulled Pork Burger  
With Apple Slaw

Barbacoa Beef

Herb Rubbed Roast  
Chicken

Build your own Mac &  
Cheese Bar

Fish Shop Friday  
Battered Sausage

Grazing Board

Chicken, Salmon,  
Sausage roll

Panini Station

Ham & Cheese

MAINS (V)

Squash & Spinach Pasta  
with Super Seed  
Topper

Chipotle BBQ pulled  
Jackfruit

Butternut Squash &  
Feta Parcel

Halloumi Steak with  
Borlotti Chimichurri  
Sauce

Sweet potato &  
Chickpea Falafel  
Flatbread with Mint  
Yoghurt

Grazing Board  
Falafel, Frittata, Cheese

Panini Station  
Pesto Roast Veg & Brie

JACKETS  
OR PASTA

Jacket & Sweet  
Potatoes, Baked Roots  
Pasta bar

Jacket & Sweet  
Potatoes, Baked Roots  
Pasta bar

Jacket & Sweet  
Potatoes, Baked Roots  
Pasta bar

Jacket & Sweet  
Potatoes, Baked Roots  
Pasta bar

Jacket & Sweet  
Potatoes, Baked Roots  
Pasta bar

SIDES

Corn on the Cob, Peri  
wedges, Mucho Peas

Spicy rice, Roasted  
Cauliflower, Street  
corn Salsa

Honey roast Carrots &  
Parsnips, Green  
Beans, Roast Potatoes

Toppings: Pulled Beef  
Shin, Roasted Med Veg,  
Crispy Onions Sides:  
Garlic Bread, Tomato &  
Rocket Salad

Chips, Peas & Mushy  
Peas, Curry Sauce,  
Beans, Chip Shop  
Gravy

Roast Veg  
Focaccia  
Olives  
Hummus  
Chutney / Sauces

Cesar Salad  
Ham cooked potato  
chips

DESSERT

Raspberry Blondies  
Assorted selection of  
Dessert pots, Cut fruit  
& Yoghurt pots

Lemon & Poppyseed  
Shortbread  
Assorted selection of  
Dessert pots, Cut fruit  
& Yoghurt pots

Chocolate Marble Cake  
with Chocolate Sauce  
Assorted selection of  
Dessert pots, Cut fruit  
& Yoghurt pots

Berry Mess  
Assorted selection of  
Dessert pots, Cut fruit  
& Yoghurt pots

American Pancakes,  
Fruit Compote, Ice  
cream  
Assorted selection of  
Dessert pots, Cut fruit  
& Yoghurt pots

Scones Jam & Cream

Tiramisu



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