

# Weekly Menu

WEEK 3

Sept 15, Oct 6, Nov 3, Nov 24

Junior School

## 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



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 15, Oct 6, Nov 3, Nov 24

Junior School *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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Mustard



Celery



Soybeans



Sesame Seeds



Milk



Fish



Peanuts



Lupin



Gluten



Sulphur Dioxide



Molluscs

# LUNCH

Sept 15, Oct 6, Nov 3, Nov 24

Senior School and Boarders

*The*  
**WOODLAND  
KITCHEN**

WEEK 3

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

**SOUP**

Super Greens Soup  
with Homemade Bread  
& Topping station

French Onion Soup  
with Homemade Bread  
& Topping station

Sweetcorn Chowder  
with Homemade Bread  
& Topping station

Roast Tomato Soup  
with Homemade Bread  
& Topping station

Indian Cauliflower Soup  
with Homemade Bread  
& Topping station

Boxed

Boxed

**MAINS**

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

Jerk Style Chicken Leg  
with Jerk Gravy

Honey & Mustard  
Roast Gammon

Moroccan Lamb Tagine

Katsu Style Chicken  
Curry

Build Your Own Poke  
Sweet Chili Salmon

Deli sandwich bar  
Reuben  
Coronation Chicken

**MAINS (V)**

Aubergine Parmigiana

Pepper & Sweet Potato  
Run Down

Root Vegetable & Lentil  
Wellington

Med Veg & Chickpea  
Tagine

Crispy Katsu style Soy  
Aubergine

Build Your Own Poke  
Korean Celeriac

Deli sandwich bar  
Stilton, Pea shoot &  
Mango  
Salmon less cream  
cheese & pickled Cue s

**JACKETS  
OR PASTA**

Jacket & Sweet  
Potatoes, Baked Roots  
Pasta bar

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Potatoes, Baked Roots  
Pasta bar

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Potatoes, Baked Roots  
Pasta bar

Jacket & Sweet  
Potatoes, Baked Roots  
Pasta bar

Jacket & Sweet  
Potatoes, Baked Roots  
Pasta bar

**SIDES**

Penne Pasta, Roast  
Carrots, Green Beans

Rice & Peas, Jerk  
Gravy, Corn Cob

Honey roast Carrots &  
Parsnips, Steamed  
Broccoli, Roast  
Potatoes

Pomegranate cous  
cous, Roast  
Cauliflower, Green  
Beans

Braised Rice, Stir Fry  
Greens, Pickled  
Cucumber & Edamame  
Salad

Nori  
Sesame Rice  
Raw Veg selection  
Tea Egg's  
Bean sprouts  
Ginger Dressing

Selection of bread  
Ranch salad  
Street slaw  
Chips

**DESSERT**

Apple & Berry Crumble  
with  
Custard Assorted  
selection of Dessert  
pots, Cut fruit &  
Yoghurt pots

Fruit, Coconut & Mixed  
seed Flapjack Assorted  
selection of Dessert  
pots, Cut fruit &  
Yoghurt pots

Sticky Toffee Pudding  
with Custard  
Assorted selection of  
Dessert pots, Cut fruit  
& Yoghurt pots

Build your own  
Yoghurt Bar with  
Toppings Assorted  
selection of Dessert  
pots & Cut fruit

Ice cream Bar  
Assorted selection of  
Dessert pots, Cut fruit  
& Yoghurt pots

Mango Porridge &  
Seeds

Strawberry Trifle



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