



Woodland Primary School School Lunch Menu Autumn Term 2019



Week 1: W/B 2/9/19, 16/9/19, 30/9/19, 14/10/19, 4/11/19, 18/11/19, 2/12/19, 16/12/19






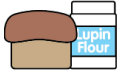





	Monday	Tuesday	Wednesday	Thursday	Friday
Main Option (1)	Sausages(14) mash,(7) peas, carrots and gravy	Chicken pie(1,2,5,7), potatoes, carrots and cauliflower	Cheese and tomato pizza (2,7), wedges, beans or sweetcorn	Roast turkey and stuffing, Yorkshire puddings (2,4,7) roast potatoes and seasonal vegetables	<u>Fish Friday!</u> Fishfingers(2,5) or fishcakes(2,5,13 with chips and peas or beans
Vegetarian Option (2)	Vegetarian sausages(2,13,14), mash,(7) peas, carrots and gravy	Vegetable pie, (1,2,5,7)potatoes, carrots and sweetcorn		Quorn chicken (4)and Yorkshire puddings(2,4,7), roast potatoes and seasonal vegetables	Quorn Fingers(2,4,7), with chips and peas
Desert	Fruity Flapjack Custard (2,4,7) Whip (7) or jelly Cheese crackers(2,4,7) Fresh fruit Yoghurts (7)	Chocolate Crackle Custard (2,4,7) Whip(7) or jelly Cheese & crackers(2,4,7) Fresh fruit Yoghurts(7)	Gingerbread People(2,4,7) Whip (7) or jelly Cheese & crackers(2,4,7) Fresh fruit Yoghurts(7)	Chocolate Brownie(2,4,7) Vanilla Ice-cream(7) Whip(7) or jelly Cheese & crackers(2,4,7) Fresh fruit Yoghurts(7)	Lemon Drizzle Cake Cupcakes (2,4,7,) Fresh fruit Yoghurts(7)
Daily	Other lunch options: Jacket Potato with a choice of fillings (4,5,7,9) Freshly made wraps/ sandwiches (2,4,5,7,9), Selection of cold meats for the salad bar		Also available: Fresh bread (2,4,7) Salad Bar		

Week 2: W/B 9/9/19, 23/9/19, 7/10/19, 21/10/19, 11/11/19, 25/11/19, 9/12/19

	Monday	Tuesday	Wednesday	Thursday	Friday
Main Option (1)	Chicken curry(7,9) with rice, peas and sweetcorn	Meat pie(1,2,5,7) potatoes, carrots and mixed vegetables	All day breakfast incl beans, omelette, mushrooms, tomatoes and beans	Toad in the hole,(1,4,7,14) roast potatoes and seasonal vegetables	<u>Fish Friday!</u> Fish or fishcakes (2,5,13), with chips and peas or beans
Vegetarian Option (2)	Vegetarian quorn pieces(4), rice, beans or sweetcorn	Vegetable pie,(1,2,5,7) potatoes, carrots and sweetcorn	Vegetarian all day breakfast incl beans, omelette mushrooms, tomatoes and beans	Vegetarian sausages(2,13,14), Yorkshire puddings(2,4,7), roast potatoes and seasonal vegetables	Quorn Fingers (2,4,7) with chips and peas
Desert	Chocolate crunch Custard(2,4,7) Whip(7) or jelly Cheese & crackers(2,4,7) Fresh fruit Yoghurts(7)	Raspberry Ripple Sponge Custard(2,4,7) Whip(7) or jelly Cheese & Crackers (2,4,7,) Fresh fruit Yoghurts(7)	Orange and Lemon Shortcake,(2,4,7) Vanilla Ice-cream(7) Whip(7) or jelly Cheese & crackers(2,4,7) Fresh fruit Yoghurts(7)	Sticky Toffee Pudding Custard(2,4,7) Whip(7) or jelly Cheese & crackers(2,4,7) Fresh fruit Yoghurts(7)	Chocolate Eclairs Assorted homemade biscuits (2,4,7) Cheese & crackers(2,4,7) Fresh fruit Yoghurts(7)
Daily	Other lunch options: Jacket Potato with a choice of fillings (4,5,7,9) Freshly made wraps/ sandwiches (2,4,5,7) Selection of cold meats for the salad bar		Also available: Fresh bread (2,4,7) Salad Bar		

Allergens:

For allergens see numbers in brackets next to each dish and refer to the table below or come to the school office and speak to Mrs Bullivant or Mrs Brindle.

Celery (1) 	Cereals containing gluten (2) 	Crustaceans or Molluscs (3) 	Eggs (4) 
Fish (5) 	Lupin (6) 	Milk (7) 	Mustard (8) 
Nuts or Peanuts (9) 	Sesame Seeds (10) 	Soya (11) 	Sulphur dioxide (12) *sulphites 