

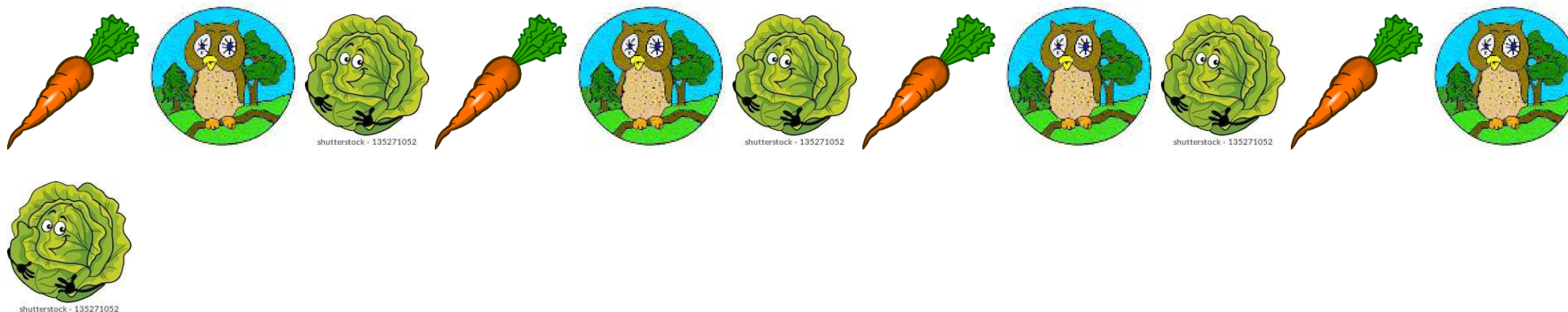
WOODLANDS PRIMARY - MENU CYCLE WEEK 1

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|--|--|---|
| <p><i>Halal Chicken Meatballs</i> Served with Spaghetti & a Bolognaise</p> | <p><i>Burger</i> A Southern fried Quorn burger served with Mashed potatoes</p> | <p><i>Pizza Day</i> A selection of homemade pizza Choose from Cheese & Tomato, Ham & Pineapple or Pepperoni served with chopped green salad</p> | <p><i>Roast Dinner</i> Freshly roasted gammon or Quorn chicken, served with Yorkshire pudding, roast potatoes & gravy</p> | <p><i>Fish & Chips</i> Choose from breaded cod fish fingers or fish fillet freshly baked in the oven & served with chips</p> |
| Served with | | | | |
| Beans | Garlic Bread | Corn on the Cob | Carrot and Swede & Broccoli | Beans or Peas |
| Or | | | | |
| <p><i>Jacket Potatoes</i> Available Mon, Tues, Wed - choose from a variety of fillings cheese, tuna mayo, & baked beans (when available)</p> | | | <p><i>Baked Beans on Toast</i> Available Mon, Tues, Wed</p> | |
| <i>or</i> | | | | |
| <i>Sandwich Bar - Available Everyday</i> | | | | |

Choose your favourite filling from a selection of freshly made sandwiches. Daily favourites are – ham, cheese, tuna or Halal peperoni - don't forget to finish with a portion of salad -
from a selection of carrot sticks, cucumber, cherry tomatoes, sweetcorn

And for dessert

| | | | | |
|---|----------------|-------------------------|--------------|-------------|
| Bananas & custard/flapjack | Cookies | Rice Crispy Cake | Jelly | Cake |
| Fresh Fruit, Fruit, Yogurt, Ice-cream or Cheese & Crackers are available everyday as an alternative to the daily dessert. | | | | |
| And finally, a drink - A selection of the following drinks will be available daily Water, Milk or Blackcurrant juice | | | | |



WOODLANDS PRIMARY - MENU CYCLE WEEK 2

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|--|--|--|
| <p><i>Pasta Bolognese</i> Mince or Quorn mixed with Pasta in a tasty tomato sauce</p> | <p><i>Panini</i> Choose from ham or peperoni, with or without cheese, or Sausage and</p> | <p><i>Curry & Rice</i> Home-made curry with assorted vegetables, served with Rice</p> | <p><i>Roast Dinner</i> Freshly roasted turkey or Quorn chicken, served with Yorkshire pudding, roast potatoes & gravy</p> | <p><i>Fish & Chips</i> Choose from battered cod fillet or fish fillet freshly baked in the oven & served with chips</p> |

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|--|------------------------------|------------------------|---|-------------------------|
| Served with | | | | |
| Sweetcorn | Contains assorted veg | Corn on the Cob | Broccoli | Peas & Beans |
| Or | | | | |
| Jacket Potatoes available Mon, Tues, Wed – choose from a variety of fillings cheese, tuna mayo, & baked beans (when available) | | | Baked Beans on Toast Available Mon, Tues, Wed | |
| <i>or</i> | | | | |

Sandwich Bar – Available Everyday

Choose your favourite filling from a selection of freshly made sandwiches. Daily favourites are – ham, cheese, tuna or peperoni - don't forget to finish with a portion of salad –
 from a selection of
 carrot sticks, cucumber, cherry tomatoes, sweetcorn

And for dessert

| | | | | |
|---|-----------------|--------------------------|--------------|---------------|
| Lemon sponge Cake | Jam Buns | Chocolate cookies | Jelly | Donuts |
| And finally, a drink - A selection of the following drinks will be available daily Water, Milk, Blackcurrant Juice | | | | |