



Woodlands Lunch Menu - 2017 Week 1

Key
V = Vegetarian
D = Dairy
N = Coconut
S = Sesame
E = Egg
G = Gluten
F = Fish
M = Mustard
SB = Soya
SU = Sulphites

MONDAY



Pork Sausages (G.)

TUESDAY



Chicken Fillet Bun/BBQ Sauce
(S.G.SB)

WEDNESDAY



Roast Pork Joint/Apple Sauce

THURSDAY



Organic Beef Spaghetti
Bolognese (D.G.)

FRIDAY



Bird's Eye Fish Fillet Fingers (G.F)



(v) Fusilli Pasta/Rustic Tomato Sauce
(G.D)



(v) Cheese and Tomato
Pizza (D.G.)



Tuna Pasta Bake (D.F.G.)



(v) Veggie Toad in the Hole
(G.SB.SU.D.E.)



(v) Cheese and Potato Pie
(D.E.M.)



(v) Cheese Baguette (G.S.D)
Veg Sticks, (v) Organic
Yoghurt (D) & Juice Cup



Ham Salad Sandwich
(G.SB.S) Veg Sticks, (v)
Cornflake Cookie (G.E.),
Raisins & Milkshake
(D)



Chicken Salad Wrap (G.)
Veg Sticks, (v) Organic
Yoghurt (D) & Juice Cup



Beef Sandwich (SB.G.S)
Veg Sticks, (v), Raisins, Chocolate
Oatcake (G.SB.D) & Milkshake
(D)



Tuna Mayo Sandwich
(G.SB.S.F.E.D.M.) Veg Sticks,
(v) Orange Drizzle Cake (E.G.) &
Juice Cup