WOODLANDS MENU AUTUMN 2026

WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN COURSE	Veggie Balls with Tomato & Herb Sauce with Linguine (Gluten, Milk, Soya)	Chicken Tikka Masala (Milk, Halal)	Roast Chicken (Halal)	Traditional Beef & Mushroom Bolognese with Spaghetti (Gluten, Soya)	Breaded Pollock Fish Fingers (Gluten, Fish, Halal)
MEAT FREE MAIN COURSE	Jacket Potato with Baked Beans and Cheddar Cheese (Milk)	Chickpea Tikka Masala (Milk)	Cauliflower Grill	Vegetarian Soya & Mushroom Bolognese with Spaghetti (Gluten, Soya)	Crispy Pea & Veg Bites
SIDES	Sweetcorn (Milk)	Brown Rice & Cauliflower	Roast Potatoes with Peas and Carrots	Cucumber & Crispy Garlic Bread (Gluten)	Rosemary Potato Wedges & Baked Beans
SECOND COURSE	Vanilla Yoghurt with Stewed Apple & Sultanas (Milk, Soya)	Fresh Fruit Salad	Vanilla Yoghurt (Milk, Soya)	Cheese Slice & Oatcake (Gluten, Milk)	Vanilla Yoghurt & Pear Slices (Milk, Soya)