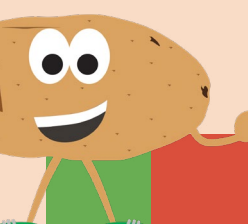


Homemade bread,
selection of seasonal
vegetables / fresh salad
and fresh fruits served
daily

Woodhouse Primary School

Wk 1 - 3rd Nov, 24th Nov,
15th Dec, 5th Jan, 26th Jan,
16th Feb, 9th Mar, 30th Mar
Wk 2 - 10th Nov, 1st Dec,
22nd Dec, 12th Jan, 2nd Feb,
23rd Feb, 16th Mar, 6th Apr
Wk 3 - 17th Nov, 8th Dec,
29th Dec, 19th Jan, 9th Feb,
2nd Mar, 23rd Mar, 13th Apr



MON

Minced Beef & Onion Pie with Gravy
(Red Tractor Accredited Beef Mince & Onions in a light shortcrust Pastry served with Creamed Potatoes & Seasonal Vegetables)

Bombay Biryani Special
(Curried Vegetables and Rice served with Naan Bread)

Assorted Jacket Potatoes / Hot Sub Roll

Chocolate Sponge & Chocolate Sauce
(Homemade, light Chocolate Sponge, served with Chocolate Sauce)

TUES

Chicken Tikka Masala with Pilau Rice / Naan Bread
(Red Tractor Accredited diced Chicken & Chickpeas in a mild Curry Sauce with Pilau Rice or Naan Bread)

Creamy Mac & Cheese
(A Macaroni Pasta dish, coated in a Creamy Mature Cheddar Sauce, served with Crusty Bread)

Arrabiata Pasta
(Chilli Tomato Sauce with Lentils and Peppers, served with Pasta & Crusty Bread)

Assorted Jacket Potatoes / Selection of Sandwiches / Hot Sub Roll

Pears & Ice Cream with Syrup
(Vanilla Ice Cream with Tinned Pear Slices with a Chocolate flavoured Syrup)

WED

Roast Meat Dinner
(Red Tractor Accredited Meat (either Gammon, Turkey or Pork Loin) served with Yorkshire Pudding, Roasties & Gravy)

Halal Roast Chicken Breast
(Red Tractor Accredited HMC Chicken Breast, served with Yorkshire Pudding, Roast Potatoes & Vegan Gravy)

Toad in the Hole
(Quorn Sausage Baked in a light Batter, served with Roast Potatoes)

Assorted Jacket Potatoes / Selection of Sandwiches / Hot Sub Roll

Fruity Flapjack
(A sweet Bar made with Oats, Golden Syrup & Butter with Fruit)

THUR

Classic Cheese & Tomato Pizza with Coleslaw & Salad
(Wholemeal 50/50 Base topped with a lightly spiced Sauce and topped with Mozzarella/Cheddar Cheese)

Loaded Rainbow Pizza
(Wholemeal 50/50 Base topped with a lightly spiced Sauce, and topped with Mozzarella/Cheddar Cheese & Vegetables)

Pomodoro Pasta
(A simple, delicious rich Tomato Sauce with Beans, served with Garlic Bread)

Assorted Jacket Potatoes / Selection of Sandwiches / Hot Sub Roll

Banana Muffins
(A fluffy Vanilla Sponge, with Bananas & drizzled with Icing)

FRI

Southern Fried Chicken Goujons & Garlic Mayo
(Red Tractor Accredited pre fried Breaded Chicken, served with Garlic Mayonnaise & baked Jacket Wedges)

Halal Chicken Breast Nuggets
(HMC Accredited Halal Chicken Breast lightly battered, served with Baked Jacket Wedges & optional Garlic Dip)

Crispy Dippers
(A blend of Vegetables and Potato coated in Breadcrumbs served with Ketchup and baked Jacket Wedges)

Assorted Jacket Potatoes / Selection of Sandwiches / Hot Sub Roll

Strawberry Sponge & Custard
(Homemade, light Vanilla Sponge with a Strawberry Jam swirl, served with Custard)

WEEK 1

Beef & Red Lentil Bolognese & Garlic Bread
(Red Tractor Accredited Beef Mince & Lentils in a Tomato Sauce served with Pasta & Garlic Bread)

Halal Keema Biryani
(Red Tractor Accredited HMC Beef Mince & Peas in a Spicy Pilau Rice)

Pomodoro Pasta
(A simple, delicious rich Tomato Sauce with Beans, served with Garlic Bread)

Assorted Jacket Potatoes / Selection of Sandwiches / Hot Sub Roll

Decorated Fruit Jelly
(Jelly with Fruit, topped with Fresh Cream)

Creamy Chicken Pasta & Crusty Bread
(Red Tractor Accredited diced Chicken in a homemade Creamy Sauce with Garlic, served with Penne Pasta)

Vegetable Samosa
(Vegetables with a light Spice encased in Pastry & Baked, served with Raita)

BBQ Quorn Pasta
(Quorn Pieces in a Barbeque flavoured Tomato Sauce, served with Wholemeal Pasta)

Assorted Jacket Potatoes / Selection of Sandwiches / Hot Sub Roll

Apple Crumble & Custard
(Sliced Apples topped with Oat Crumble, served with Custard)

Roast Meat Dinner
(Red Tractor Accredited Meat (either Gammon, Turkey or Pork Loin) served with Yorkshire Pudding, Roasties & Gravy)

Halal Roast Chicken Breast
(Red Tractor Accredited HMC Chicken Breast, served with Yorkshire Pudding, Roast Potatoes & Vegan Gravy)

Hearty Shepherd's Pie
(Soya Mince, Veg and Gravy filling, topped with Mashed Potato)

Assorted Jacket Potatoes / Selection of Sandwiches / Hot Sub Roll

Sprinkle Cake
(Homemade Vanilla Sponge, lightly topped with Water Icing and Sprinkles)

Classic Cheese & Tomato Pizza with Coleslaw & Salad
(Wholemeal 50/50 Base topped with a lightly spiced Sauce and topped with Mozzarella/Cheddar Cheese)

Super Savoury Roll
(Flaky Puff pastry with a seasoned filling served with Salad & Coleslaw)

Assorted Jacket Potatoes / Selection of Sandwiches / Hot Sub Roll

Gallydale Biscuits
(Homemade, crumbly, Oaty Biscuit)

MSC Battered Fish Fillet
(MSC Battered Fillet of Fish, served with Chipped Potatoes)

Vegetable Pakoras
(Mixed Vegetables & Onion coated in Tempura Batter, served with Baked Jacket Wedges & Raita)

Arrabiata Pasta
(Chilli Tomato Sauce with Lentils and Peppers, served with Pasta & Crusty Bread)

Assorted Jacket Potatoes / Selection of Sandwiches / Hot Sub Roll

Marble Sponge & Chocolate Sauce
(Homemade Sponge with hints of both Vanilla & Chocolate Cake, served with Chocolate Sauce)

WEEK 2

Loaded Wedges with a Mild Mexican Chilli & topping
(Red Tractor Accredited Beef Mince in a mild, homemade Chilli Sauce, served on Baked Jacket Wedges)

Mascarpone Pasta
(A Creamy Sauce with Tomatoes, Mascarpone Cheese and Herbs, served with Crusty Bread)

Assorted Jacket Potatoes / Selection of Sandwiches / Hot Sub Roll

Peaches & Ice Cream with Syrup
(Vanilla Ice Cream with Tinned Peach Slices with a Chocolate flavoured Syrup)

Traditional Chicken Pie
(Red Tractor Accredited diced Chicken Pieces in a rich Gravy with Vegetables, topped with a Golden Pastry Lid served with Potatoes)

Halal Chicken Bhuna
(Red Tractor Accredited HMC Chicken stir fried and slow cooked in a spicy Bhuna Masala)

Golden Cheese Whirl
(Cheese, Potato & Onion encase in Puff Pastry, served with baked Jacket Wedges)

Assorted Jacket Potatoes / Selection of Sandwiches / Hot Sub Roll

Vanilla Sponge
(Homemade, light Vanilla Sponge with a hint of Vanilla, served with Custard)

Sausage in Gravy with Yorkshire Pudding
(Red Tractor Accredited Sausage, served with Yorkshire Pudding)

Halal Cottage Pie
(Red Tractor Accredited HMC Beef Mince in a Gravy with Onions, topped with Mashed Potatoes & Cheese served with Yorkshire Pudding & Gravy)

Savoury Mince topped Tatties
(Soya Mince, Vegetables & Potatoes, served with a Yorkshire Pudding)

Assorted Jacket Potatoes / Selection of Sandwiches / Hot Sub Roll

Apple Cake
(Baked Vanilla Sponge with blended Apples & topped with Icing Sugar)

Classic Cheese & Tomato Pizza with Coleslaw & Salad
(Wholemeal 50/50 Base topped with a lightly spiced Sauce and topped with Mozzarella/Cheddar Cheese)

Spicy Vegetable Spring Roll
(Spicy Vegetable encased in Pastry)

Mini Power Ball Pizza
(Wholemeal 50/50 Base topped with a lightly spiced Sauce and topped with Mozzarella/Cheddar Cheese & Meatless Balls)

Assorted Jacket Potatoes / Selection of Sandwiches / Hot Sub Roll

Chocolate Sponge & Chocolate Sauce
(Homemade, light Chocolate Sponge, served with Chocolate Sauce)

MSC Breaded Fish Fillet Fingers
(MSC Fish Fillet Fingers, served with Seasoned Potatoes)

MSC Salmon & Sweet Potato Fishcake
(MSC Salmon & Sweet Potato, served with Seasoned Potatoes)

American Style Quorn Hot Dog
(Quorn Sausage, served in a White Bun with Seasoned Potatoes)

Assorted Jacket Potatoes / Selection of Sandwiches / Hot Sub Roll

Chocolate Crispy Crunch
(A sweet Bar made from puffed Rice, Cocoa & Syrup)

WEEK 3



the **food quarter**

FM SERVICES

For full allergen & nutritional information head to our app

