

WOODLANE SECONDARY SEPTEMBER 2019

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	Monday	Tuesday	Wednesday	Thursday	Friday
WEEK 1	Chicken Sausages ES21HFHa(I) with Mash, Es185(P)HF Green Beans and Sweetcorn	Creamy Chicken Tikka Masala ES675HF / ES675HFHa(I) with Cucumber Raita, Rice, Spiced Cauliflower and Courgettes	Roast Beef, ES63HF Gravy, Roast Potatoes, Cabbage and Carrots	Jacket Potato Bar with a choice of, Tuna Mayo, Cheese or Beans, served with a Mixed Salad and Sweetcorn	Battered Fillet of Fish with Chips, Baked Beans and Garden Peas
	Mex Bean Quesadilla ES127 with Potato Salad, Green Beans and Sweetcorn.	Margherita Pizza ES270 served with, Coleslaw and Courgettes.	*Vegetable and Chickpea Wellington ES373 with Gravy, Roast Potatoes, Cabbage and Carrots	Jollof Rice ES979 with Sweetcorn	Cheese and Tomato Quiche ES65HF with Chips, Baked Beans and Garden Peas
	Toffee Apple Cake ES935 with Custard	Fruity Jelly with Yoghurt ES915HF	Ginger and Date Sponge and Fruit Slices ES816 with Custard ES428	Rice Pudding with Fruit Compote ES786HF	Fruity Chocolate Brownie ES468 with Natural Yoghurt
	Fresh Fruit Bowl	Fresh Fruit Bowl	Fresh Fruit Bowl	Fresh Fruit Bowl	Fresh Fruit Bowl
WEEK 2	Chicken Jambalaya ES890 with Courgettes and Green Beans	Pasta Bolognese Bake ES669HF with Sweetcorn and Redslaw Salad	Free Range Roast Chicken ES38HF(I) with Sage and Onion Stuffing, Gravy, Roast Potatoes, Cabbage and Carrots	Sweet and Sour Chicken with Rice, ES815HF Broccoli and Roasted Vegetables	Battered Fillet of Fish or Salmon Fish Fingers with Chips, Baked Beans and Garden Peas
	Mixed Pepper Calzone ES115 with a Green Beans and Coleslaw	Roasted Vegetable and Chick Pea Balti ES224 with Rice and Sweetcorn	Chinese Style Quorn with Noodles ES824 Cabbage and Carrots	Mediterranean Vegetable Gratin ES313 served with Couscous, and Broccoli	Red Pepper and Sweetcorn Quiche ES773HF with Chips, Baked Beans and Garden Peas
	Summer Berry Bakewell ES680HFwith Custard	Oat Cookie with Apricots ES728HF with Yoghurt	Chocolate and Beetroot Brownie with Raisins and Yoghurt ES933HF	Peach Crunch Crumble ES329 with Custard	Shortbread Finger served with Fresh Fruit and Natural Yoghurt ES926HF
	Fresh Fruit Bowl	Fresh Fruit Bowl	Fresh Fruit Bowl	Fresh Fruit Bowl	Fresh Fruit Bowl
WEEK 3	Beef Burger in a Soft Roll ES823HF with Oven Baked Potato Wedges, ES515(P)HF Crunchy Coleslaw and Sweetcorn	Super Salads Day (selection of 8 salads) served with Chicken Drumstick ES718 / ES159Ha(I) or BBQ Bean Wrap ES612 with a Jacket Potato	Roast Breast of Turkey ES8HFHa(I) with Stuffing and Gravy, served with Roasted Potatoes, Carrots and Cauliflower	BBQ Texas Style Chicken ES181HF with Rice, served with Sweetcorn and Courgettes	Battered Fillet of Fish with Chips, Baked Beans and Garden Peas
	Quorn Burger in a Soft Roll ES835 with Oven Baked Potato Wedges, Crunchy Coleslaw and Sweetcorn		*Vegetarian Sweet Potato Pie ES894HF with Gravy, Cauliflower and Carrots	Macaroni Cheese ES252HF served with Garlic Bread, Sweetcorn and Courgette	*Vegetable Pasty ES218(P) served with Chips, Baked Beans or Garden Peas
	Fruity Flapjack with fruit slices ES802 with Custard	Carrot and Raisin Cake ES25HF with Custard	Fresh Fruit Salad ES81HF with Yoghurt	Rhubarb and Ginger Sponge ES808 with Vanilla Sauce	Coconut Melting Moment with Fresh Pineapple ES934 and Natural Yoghurt
	Fresh Fruit Bowl	Fresh Fruit Bowl	Fresh Fruit Bowl	Fresh Fruit Bowl	Fresh Fruit Bowl

Compliance Key
VEGETARIAN NON-DAIRY X 3 MIN
*PASTRY X 2 MAX
50:50 FRUIT DESSERT X 2 MIN
STARCH COOKED IN OIL X 2 MAX
MEAT PRODUCT X 2 MAX
DAIRY X 1 PER DAY
WHOLEGRAIN X 1 MIN