

The Woodside Academy

Week 1 Lunch Menu

Monday

Macaroni Cheese

Black Eyed Bean and
Vegetable Chilli

Jacket Potato with a Choice
of Fillings

Parsley New Potatoes

Sweetcorn
Braised Carrots

Salad Selection

Wholemeal Apple and Berry
Crumble served with
Custard Sauce

Fresh Fruit Platter

Fruit Yoghurt

Tuesday

Spanish Chicken

Sauté Sweet Potato with
Mixed Beans

Jacket Potato with a Choice
of Fillings

Steamed Basmati Rice

Fine Green Beans
Fresh Cauliflower

Salad Selection

Lemon Sponge served with
Custard Sauce

Orange and Apple Wedges

Fruit Smoothie

Wednesday

Roast Turkey with Gravy

Pasta Neapolitan

Jacket Potato with a Choice
of Fillings

Roast Potatoes

Braised Cabbage with
Courgettes

Salad Selection

Chocolate Sponge served
with Chocolate Sauce

Fresh Fruit Platter

Fruit Yoghurt

Thursday

Chicken Madras

Mixed Bean Ratatouille

Jacket Potato with a Choice
of Fillings

Steamed Basmati Rice

Fresh Broccoli
Roasted Parsnips

Salad Selection

Pineapple Flapjack

Fresh Fruit Platter

Fruit Smoothie

Friday

100% Beef Burger

Vegetable Burger

Jacket Potato with a Choice
of Fillings

Chunky Chips

Baked Beans
Garden Peas

Salad Selection

Strawberry Jelly and
Mandarins

Fresh Fruit Platter

Fruit Yoghurt

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Week 2 Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
Penne Arrabbiata	Beef Lasagne	Cajun Chicken	Beef A La Mode	Battered Fish Fillet
Vegetable Rosti	Bean and Vegetable Pilaf	Linguine with Pesto and Parmesan	Cheddar and Red Onion Quiche	Vegetable Roll
Jacket Potato with a Choice of Fillings	Jacket Potato with a Choice of Fillings	Jacket Potato with a Choice of Fillings	Jacket Potato with a Choice of Fillings	Jacket Potato with a Choice of Fillings
	Garlic Bread	Roast Potatoes	Creamed Potatoes	Chunky Chips
Fresh Cauliflower Fine Green Beans	Braised Carrots with Savoy Cabbage	Fresh Broccoli Roasted Butternut Squash	Garden Peas Baked Beans	Sweetcorn Coleslaw
Salad Selection	Salad Selection	Salad Selection	Salad Selection	Salad Selection
Dorset Apple Cake with Custard Sauce	Chocolate and Pear Sponge with Chocolate Sauce	Carrot and Parsnip Cake	Wholemeal Shortbread	Vanilla Ice Cream with Fruit
Fresh Fruit Platter	Melon and Orange Wedges	Fresh Fruit Platter	Fresh Fruit Platter	Fresh Fruit Platter
Fruit Yoghurt	Fruit Smoothie	Fruit Yoghurt	Fruit Smoothie	Fruit Yoghurt

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Week 3 Lunch Menu

Monday

Pizza Margherita

Oriental Stir Fry with Noodles

Jacket Potato with a Choice of Fillings

Garlic and Herb New Potatoes

Braised Carrots
Sweetcorn

Salad Selection

Spanish Orange Cake with Custard Sauce

Fresh Fruit Platter

Fruit Yoghurt

Tuesday

Buffalo Chicken

Chick Pea and Vegetable Tagine

Jacket Potato with a Choice of Fillings

Steamed Basmati Rice

Fine Green Beans
Fresh Cauliflower

Salad Selection

Chocolate Brownie

Fresh Fruit Platter

Fruit Smoothie

Wednesday

Roast Beef with Yorkshire Pudding

Pasta Neapolitan

Jacket Potato with a Choice of Fillings

Roast Potatoes

Braised Cabbage
Roasted Parsnips

Salad Selection

Canadian Gingerbread served with Vanilla Sauce

Orange and Apple Wedges

Fruit Yoghurt

Thursday

Meatballs in Herb and Tomato Sauce

Vegetable Bolognese

Jacket Potato with a Choice of Fillings

Spaghetti

Fresh Broccoli
Butternut Squash

Salad Selection

Sweet Potato Cake

Fresh Fruit Platter

Fruit Smoothie

Friday

All Day Brunch

Seasoned Baked Salmon

Jacket Potato with a Choice of Fillings

Homemade Jacket Wedges

Garden Peas
Baked Beans

Salad Selection

Frozen Yoghurt with Fruit

Fresh Fruit Platter

Fruit Yoghurt

