

3 Week Menu Cycle

Whinless Down Academy Menu

Week Commencing Monday 20th February 2023 Monday 13th March 2023	Week 1				
	Monday	Tuesday	Wednesday	Thursday	Friday
	Sweet & Sticky Chicken	Winter Beef Casserole	Toad In The Hole & Gravy	Ham & Pineapple Pizza	Cheesy Tuna Pasta Bake
	Gluten Free Sweet & Sticky Chicken	Gluten Free Winter Beef Casserole	Gluten Free Toad In The Hole & Gravy	Gluten Free Ham & Pineapple Pizza	Gluten Free Cheesy Tuna Pasta Bake
	Dairy Free Sweet & Sticky Chicken	Dairy Free Winter Beef Casserole	Dairy Free Toad In The Whole & Gravy	Dairy Free Ham & Pineapple Pizza	Dairy Free Cheesy Tuna Pasta Bake
	Sweet & Sticky Quorn Stir Fry	Quorn Fillet Casserole	Veggie Toad In The Hole & Gravy	Cheese & Tomato Pizza	Cheesy Wholemeal Tomato Pasta
	Savoury Rice	New Potatoes	Roast Potatoes	Baked Herby Diced Potato	Garlic Bread Slice
	Jacket Potato & Baked Beans	Steamed Cabbage & Peas	Swede & Carrots	Sweetcorn	Sweetcorn
	Strawberry Mousse	Jacket Potato & Cheese	Jacket Potato & Tuna Mayonnaise	Jacket Potato & Baked Beans	Jacket Potato & Coleslaw
	Gluten Free Strawberry Mousse	Shortbread Cookies	Mint flavoured Ice Cream	Chocolate Custard With Mandarins	Rice Pudding With Peaches
	Dairy Free Strawberry Mousse	Gluten Free Shortbread Cookies	Gluten Free Mint Flavoured Ice Cream	Gluten Free Chocolate Custard & Mandarins	Gluten Free Rice Pudding & Peaches
	Dairy Free Shortbread Cookies	Dairy Free Mint Flavoured Ice Cream	Dairy Free Chocolate Custard & Mandarins	Dairy Free Rice Pudding & Peaches	

Week Commencing Monday 27th February 2023 Monday 20th March 2023	Week 2				
	Monday	Tuesday	Wednesday	Thursday	Friday
	Sausages	Lamb Hotpot	Roast Turkey & Stuffing & Gravy	Battered Fish	Chicken Pasta
	Gluten Free Sausages	Gluten Free Lamb Hotpot	Gluten Free Roast Turkey & Gravy	Gluten Free Battered Fish	Gluten Free Chicken Pasta
	Dairy Free Sausages	Dairy Free Lamb Hotpot	Dairy Free Roast Turkey & Stuffing & Gravy	Dairy Free Battered Fish	Dairy Free Chicken Pasta
	Veggie Sausages	Veggie Hotpot	Veggie Quorn Sausage & Gravy	Veggie Quorn Burger	Veggie Stir Fry & Noodles
	Mashed Potato		Roast Potatoes	Chips	Garlic Bread Slice
	Baked Beans	Carrots & Peas	Carrots & Savoy Cabbage	Baked Beans	Mixed Salad
	Jacket Potato With Beans & Cheese	Jacket Potato & Cheese	Jacket Potato & Tuna Mayonnaise	Jacket Potato With Beans & Cheese	Jacket Potato & Coleslaw
	Cookies	Apple Pie & Custard	Chocolate Mousse	Coconut & Jam Sponge	Fruit Crumble & Custard
Gluten Free Chocolate Cookies	Gluten Free Apple Pie & Custard	Gluten Free Chocolate Mousse	Gluten Free Coconut & Jam Sponge	Gluten Free Crumble & Custard	
Dairy Free Chocolate Cookies	Dairy Free Apple Pie & Custard	Dairy Free Chocolate Mousse	Dairy Free Coconut & Jam Sponge	Dairy Free Crumble & Custard	

Week Commencing Monday 6th March 2023 Monday 27th March 2023	Week 3				
	Monday	Tuesday	Wednesday	Thursday	Friday
	Fish Fingers	Chicken & Ham Pie	Roast Loin Of Pork & Gravy	Sausage Rolls	Tomato & Cheese Pasta
	Gluten Free Fish Fingers	Gluten Free Chicken & Ham Pie	Gluten Free Roast Loin Of Pork & Gravy	Gluten Free Sausage Rolls	Gluten Free Tomato & Cheese Pasta
	Dairy Free Fish Fingers	Dairy Free Chicken & Ham Pie	Dairy Free Roast Loin Of Pork & Gravy	Dairy Free Sausage Rolls	Dairy Free Tomato & Cheese Pasta
	Veggie Burger	Vegetarian Pie	Quorn Roast & Gravy	Veggie Sausage Rolls	Veggie Wholemeal Pesto Pasta
	Baked Seasoned Wedges	New Potatoes	Roast Potatoes	Chips	Sweetcorn
	Baked Beans	Peas & Carrots	Cauliflower Cheese	Beans	Garden Salad
	Jacket Potato With Beans & Cheese	Jacket Potato & Cheese	Jacket Potato & Tuna Mayonnaise	Jacket Potato & Baked Beans	Jacket Potato & Coleslaw
	Fruit Sponge & Custard	Cookies	Fruit Jelly	Carrot & Orange Cake	Jam Suet Sponge & Custard
Gluten Free Fruit Sponge & Custard	Gluten Free White Chocolate Cookies	Gluten Free Fruit Jelly	Gluten Free Carrot & Orange Cake	Gluten Free Jam Suet Sponge & Custard	
Dairy Free Fruit Sponge & Custard	Dairy Free White Chocolate Cookies	Dairy Free Fruit Jelly	Dairy Free Carrot & Orange Cake	Dairy Free Jam Suet Sponge & Custard	

WDAT Operates a Nut Free Kitchen Policy

DF = Dairy Free

VG = Vegetarian

GF = Gluten Free