

3 Week Menu Cycle

Whinless Down Academy Menu

Spring /Summer 2023

Week Commencing 17th April - 8th May - 5th June 26th June - 17th July	Monday	Tuesday	Wednesday	Thursday	Friday
	Fish Fingers	Cheese & Potato Pie	Roast Chicken	Beef Burgers	Lasagne
	Gluten Free Fish Fingers	Gluten Free Cheese & Potato Pie		Gluten Free Beef Burger	Gluten Free Lasagne
	Dairy Free Fish Fingers	Dairy Free Cheese & Potato Pie	Quorn Fillet	Dairy Free Beef Burger	Dairy Free Lasagne
	Veggie Sausages			Vegetable Burger	Vegetarian Lasagne
	Baked Seasoned Wedges		Roast Potatoes	Chips	Garlic Bread
	Baked Beans	Peas & Carrots	Broccoli & Sweetcorn	Baked Beans	Mixed Salad
			Gravy		
	Jacket Potato & Baked Beans	Jacket Potato & Cheese	Jacket Potato & Tuna Mayonnaise	Jacket Potato With Beans & Cheese	Jacket Potato & Coleslaw
	Vanilla Sponge & Custard	Fruit Flavoured Yoghurts	Fruit Cocktail & Vanilla Ice Cream	Butterscotch Whip	Oat Cookie
	Gluten Free Vanilla Sponge & Custard	Gluten Free Fruit Flavoured Yoghurts	Gluten Free Fruit Cocktail & Ice Cream	Gluten Free Butterscotch Whip	Gluten Free Cookies
	Dairy Free Vanilla Sponge & Custard	Dairy Free Fruit Flavoured Yoghurts	Dairy Free Fruit Cocktail & Ice Cream	Dairy Free Ice Cream	Dairy Free Cookies

Week Commencing 24th April - 15th May 12th June - 3rd July	Monday	Tuesday	Wednesday	Thursday	Friday
	Breaded Fish	Chicken & Ham Pie	Roast Gammon	Meat Feast Pizza	Mac & Cheese
	Gluten Free Breaded Fish	Gluten Free Chicken & Ham Pie		Gluten Free Meat Feast Pizza	Gluten Free Mac & Cheese
	Dairy Free Breaded Fish	Dairy Free Chicken & Ham Pie	Quorn Fillet	Dairy Free Meat Feast Pizza	Dairy Free Mac & Cheese
	Vegetarian Sausages	Vegetable & Lentil Pie		Cheese Pizza	Wholemeal Tomato Pasta Bake
	Baked Seasoned Wedges	New Potatoes	Roast Potatoes	Chips	Garlic Bread Slice
	Mixed Salad	Carrots & Peas	Mixed Veg	Baked Beans	Sweetcorn
		Gravy	Gravy		
	Jacket Potato & Baked Beans	Jacket Potato & Cheese	Jacket Potato & Tuna Mayonnaise	Jacket Potato & Baked Beans	Jacket Potato & Coleslaw
	Marble Cake & Custard	Krispy Cake	Fruit Jelly	Strawberry Whip	Flapjacks
Gluten Free Marble Cake & Custard	Gluten Free Krispy Squares	Gluten Free Jelly	Gluten Free Whip	Gluten Free Flapjack	

Week Commencing 1st May - 22nd May 19th June - 10th July	Monday	Tuesday	Wednesday	Thursday	Friday
	Cumberland Sausages	Cheese & Bacon Quiche	Roast Loin of Pork	Battered Fish/Salmon Fish Cakes	Pasta & Meatballs
	Gluten Free Sausages	Gluten Free Quiche		Gluten Free Fish Fingers	Gluten Free Pasta & Meatballs
	Dairy Free Sausages	Dairy Free Quiche	Gravy	Dairy Free Fish Fingers	Dairy Free Pasta & Meatballs
	Veggie Cumberland Sausage	Cheese & Tomato Quiche	Cheese & Potato Bake	Vegetable Nuggets	Veggie Pasta & Meatballs
	Mashed Potato	New Potatoes	Roast Potatoes	Chips	
	Peas & Carrots	Tomato & Cucumber Salad	Swede	Baked Beans	Mixed Garden Salad
	Gravy		Green Beans		
	Jacket Potato & Baked Beans	Jacket Potato & Cheese	Jacket Potato & Tuna Mayonnaise	Jacket Potato With Beans & Cheese	Jacket Potato & Cheese
	Cookies	Apple Crumble & Custard	Frozen Yoghurt Dessert	Chocolate Whip	Fruit Cheesecake
Gluten Free Cookies	Gluten Free Crumble & Custard	Gluten Free Frozen Yoghurt Dessert	Gluten Free Chocolate Whip	Dairy Free Fruit Cheesecake	

WDAT Operates a Nut Free Kitchen Policy

DF = Dairy Free

VG = Vegetarian

GF = Gluten Free