

SAMPLE WEEKLY LUNCH MENU

School operates a 3 x weekly menu cycle which is repeated once during each half term. A sample weekly menu is shown below.

	Monday	Tuesday	Wednesday	Thursday	Friday
Soup	Carrot	Potato & Watercress	Minestrone	Broccoli & Stilton	Tomato
Main	Pan Fried Turkey Steak Dusted with Lemon Zest & Cracked Black Pepper Buttered Tagliatelle Ratatouille	Hot & Sour Beef Strips with Sautéed Peppers Sticky Jasmine Rice Chinese Style Cabbage	Creamy Chicken Pie New Potatoes Peas Carrots Gravy	BBQ Pork Chop Roast potatoes Garlic sweetcorn Spring Greens	Battered Cod Fillet Chips Mushy Peas Petit Pois Lemon & Tartare Sauce
Vegetarian	Stuffed Red Peppers	Vegetable Tempura with Dipping Sauce	Red Pepper & Cheese Rolls	Tomato & Pea Risotto	Pinwheels
Pasta	Chicken Pasta Bake Pepperonata	Chicken & Tomato Sauce Spinach & Ricotta Cannelloni	Bolognaise Tomato & Basil	Creamy Chicken Gnocchi with Red Pesto	Lasagne Tomato & Basil
Jacket potatoes	Cheese Beans	Tuna Mayonnaise Cheese Beans	Cheese Beans	Tuna Mayonnaise Cheese Beans	Beans Cheese
Salad	Lettuce, Tomato, Cucumber, Coleslaw, Grated carrot, Four composite salads, dressings,				
Desserts	Vanilla Sponge & Chocolate Custard	Flapjack	Triple Chocolate Cookie	Apple & Blackberry Crumble with Custard	Cup Cakes
	Homemade yoghurt Fruit Table	Homemade yoghurt Fruit Table	Homemade yoghurt Fruit Table	Homemade yoghurt Fruit Table	Homemade yoghurt Fruit Table

CATERING MANAGEMENT

Catering Manager - Franco Caroleo
 Production Manager—Shirley O’Boyle
 Executive Chef - Kevin Grant



CATERING AT WGS

FOOD AT WOODHOUSE GROVE

Meal times at Woodhouse Grove have always been a favourite part of our pupils' day. Whether they are participating in lunch only or joining us for breakfast and tea (all included in the fees); or whether they are full boarders with delicious weekend fare as well, our pupils certainly enjoy the variety of meals on offer.







Our beautiful dining hall combines a traditional setting with a modern, efficient serving area and kitchens that meet the high quality food standards expected.

We operate a split lunch time to reduce congestion with Y7 to Y9 taking lunch from 12.05 and Y10 to Y13 from 1.00pm.



ALLERGY INFORMATION

We operate a nut aware policy in the dining room and throughout school for all catered meals. Our suppliers are required to check and communicate any changes to their products regarding trace nuts and we follow strict guidelines when preparing our recipes and menus. Allergen sheets (see below) are available throughout food service should any pupils need to check a particular dish.

DISHES				
	Cereals containing gluten	Celery	Crustaceans	Eggs
Example dish name	✓	May Contain		✓

Halal and vegetarian options are available on the menu every day and we can cater for vegan diets and allergies such as gluten free and dairy free. Please contact a member of the catering team if your child has a specific requirement.

HEALTHY OPTIONS

The diet of our pupils is particularly important to us and we recognise that each child differs in their calorie requirements. Some pupils require additional fuel to participate in significant amounts of sport whilst others may want to follow a balanced, lower calorie diet and are looking for healthy options.

Along with a choice of hot meals, such as cottage pie, chicken and lemon stir fry or beef enchiladas, there will always be a pasta option as well as jacket potatoes with various toppings and a full self service salad bar.

Jelly and a large selection of fruit is offered in addition to a dessert.