



# 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.






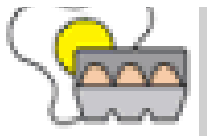
Our beautiful dining hall combines a traditional setting with a modern, efficient serving area and kitchens that meet the high quality food standards expected.

We operate a split lunch time to reduce congestion with Years 7 and 8 taking lunch from 12.10 and Years 9 to 13 from 1.05pm.



## 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				
	<b>Cereals containing gluten</b>	<b>Celery</b>	<b>Crustaceans</b>	<b>Eggs</b>
<b>Example dish name</b>	✓	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.

# 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
			Roast Wednesday		Street Food Friday
<b>Main</b>	Chilli Con Carne Rice Tortilla Chips Sour Cream, Salsa	Diced Pork in Sweet & Sour Sauce with Bean Sprouts & Asian Vegetables Egg Noodles	Garlic Butter Breaded Chicken Escalope Cream Gratin Potatoes Sweetcorn Pan Gravy	Beef Rogan Josh Curry with Wilted Spinach & Sliced Onions Saffron Rice Naan Bread Mango Chutney	Southern Fried Chicken Burger in a Bun Fries Sweetcorn
<b>Vegetarian (V)</b>	Quorn Mixed Bean Chilli	Vegetable Stir Fry	Breaded Vegetarian Schnitzel	Spiced Butternut Squash & Spinach Rogan Josh Curry	Vegetarian Burger
<b>Pasta</b>	Chicken & Tomato Spicy Ratatouille (V)	Sun Blush Tomato & Chicken Tomato & Basil (V)	Tomato & Basil (V)	Chicken, Roasted Red Pepper & Tomato Butterbeans in Tomato Sauce (V)	Tomato & Basil (V)
<b>Jacket Potato</b>	Grated Cheese Beans	Grated Cheese Beans	Tuna Mayonnaise Beans	Grated Cheese Beans	Grated Cheese Beans
<b>Salad</b>	Salad Leaves / Tomato / Cucumber / Coleslaw / Grated Carrot / Composite Salads / D				
<b>Desserts</b>	Apple Crumble & Custard	Lemon Drizzle Cake	Vanilla Sponge & Custard	Triple Chocolate Cookie	Oreo Doughnut
	Whole Fruit	Whole Fruit	Whole Fruit	Whole Fruit	Whole Fruit

# CATERING MANAGEMENT

Catering Manager - Franco Caroleo

Production Manager - Shirley O'Boyle

Executive Chef - Kevin Grant