

## **Free School Meals**

If you think you may be entitled to free school meals or if you are unsure, you can apply online at: [https://go.walsall.gov.uk/free\\_school\\_meals](https://go.walsall.gov.uk/free_school_meals)

If you prefer to link directly to the FSM registration form rather than the webpage, please visit: <https://go.walsall.gov.uk/forms/application-for-free-school-meals>

Alternatively, you can collect a form from the school office.



**WHAT'S** ON OUR  
**menus**



# School Lunch Menu

SEPT – OCT 2022

**MENU A – 5<sup>th</sup> Sept, 26<sup>th</sup> Sept, 17<sup>th</sup> Oct**

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
Ham & Pineapple Pizza (KS2) Cheese & Tomato Pizza (KS1)	Creamy Chicken Pasta	Oven Baked Toad in the hole	Spaghetti Bolognese	Oven Baked Fish (KS2) Fish Fingers (KS1)
Cheese & Tomato Pizza (v)	Quorn & Pasta (v)	Veg. Sausage (v)	Veg. Bolognese (v)	Nuggets (v)
Sweetcorn Tomato Pasta	Mixed Veg	Mashed Potato Roast Potatoes Seasonal Veg.	Green Beans	Chips Beans/Peas
Mini Salad Bar Assorted Sandwiches/Rolls Jacket Potatoes	Mini Salad Bar Assorted Sandwiches/Rolls Jacket Potatoes	Mini Salad Bar Assorted Sandwiches/Rolls Jacket Potatoes	Mini Salad Bar Assorted Sandwiches/Rolls Jacket Potatoes	Mini Salad Bar Assorted Sandwiches/Rolls Jacket Potatoes
Muffins	Banana Sponge & Custard	As Below	Chocolate & Orange Sponge with Custard	Vanilla Ice Cream
Fresh Fruit Yoghurts Cheese & Biscuits	Fresh Fruit Yoghurts Cheese & Biscuits	Fresh Fruit Yoghurts Cheese & Biscuits	Fresh Fruit Yoghurts Cheese & Biscuits	Fresh Fruit Yoghurts Cheese & Biscuits

**MENU B – 12<sup>th</sup> Sept, 3<sup>rd</sup> Oct**

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
Cheese & Tomato Pizza (KS1) Pepperoni Pizza (KS2)	Oven baked Southern Fried Chicken	Chicken & Stuffing	Chilli (mild)	Hot dogs (KS2) Sausage (KS1)
Cheese & Tomato Pizza (v)	Veg. Nuggets (v)	Quorn (v)	Vegetable Chilli	Vegetarian Sausage (v)
Herby Potatoes Peas	Sweetcorn Rice	Mashed Potato Roast Potatoes Seasonal Veg.	Rice Mixed veg	Chips Beans/Peas
Mini Salad Bar Assorted Sandwiches/Rolls Jacket Potatoes	Mini Salad Bar Assorted Sandwiches/Rolls Jacket Potatoes	Mini Salad Bar Assorted Sandwiches/Rolls Jacket Potatoes	Mini Salad Bar Assorted Sandwiches/Rolls Jacket Potatoes	Mini Salad Bar Assorted Sandwiches/Rolls Jacket Potatoes
Ice Cream Roll	Fairy Cake	As Below	Flapjack & Custard	Strawberry Ice Cream
Fresh Fruit Yoghurts Cheese & Biscuits	Fresh Fruit Yoghurts Cheese & Biscuits	Fresh Fruit Yoghurts Cheese & Biscuits	Fresh Fruit Yoghurts Cheese & Biscuits	Fresh Fruit Yoghurts Cheese & Biscuits

## MENU C – 19<sup>th</sup> Sept, 10<sup>th</sup> Oct

Monday	Tuesday	Wednesday	Thursday	Friday
Cheese & Tomato Pizza (v) (KS1) Pepperoni Pizza (KS2)	Tikka Masala	Roast Beef & Yorkshire Pudding	Meatballs & Pasta	Oven Baked Chicken Nuggets (KS1/KS2)
Cheese & Tomato Pizza (v)	Vegetable Curry (v)	Cauliflower Cheese (V)	Veggie balls (v)	Vegetarian Bake (v)
Sauté Potatoes Sweetcorn	Rice Naan Bread Mixed Vegetables	Mashed Potato Roast Potatoes Seasonal Veg.	Carrots & Peas	Chips Beans/Peas
Mini Salad Bar Assorted Sandwiches/Rolls Jacket Potatoes	Mini Salad Bar Assorted Sandwiches/Rolls Jacket Potatoes	Mini Salad Bar Assorted Sandwiches/Rolls Jacket Potatoes	Mini Salad Bar Assorted Sandwiches/Rolls Jacket Potatoes	Mini Salad Bar Assorted Sandwiches/Rolls Jacket Potatoes
Gingerbread Man	Cake & Custard	As Below	Jam Tart & Custard	Chocolate Ice Cream
Fresh Fruit Yoghurts Cheese & Biscuits	Fresh Fruit Yoghurts Cheese & Biscuits	Fresh Fruit Yoghurts Cheese & Biscuits	Fresh Fruit Yoghurts Cheese & Biscuits	Fresh Fruit Yoghurts Cheese & Biscuits

### Dietary Requirements

Here at Woodlands Academy of Learning. We endeavour to promote Healthy Eating using local fresh produce.

All meals are freshly prepped and cooked on site and are all school compliant.

Vegetarian option is available daily.

Children with Allergies are offered suitable alternatives. (Please let us know if your child has any Allergies).

Our Food Hygiene Rating is 5\*

