

# WOOD BANK AUTUMN MENUS 2025 – WEEK 3

15<sup>th</sup> Sept, 6<sup>th</sup> Oct

	Main	Vegetarian	Dessert
MONDAY	<b>Breaded Fishcake</b> Served With Oven Baked Chips & Broccoli Florets	<b>Jacket Potato</b> Served With Cheese And Or Baked Beans	<b>Ice Cream And A Wafer</b> Or <b>Yogurt Or Fresh Fruit</b>
TUESDAY	<b>Pasta Bolognaise</b> Served With Garlic Bread	<b>Meatless Meatball Pasta Bake</b> Served With Garlic Bread	<b>Chocolate Mousse</b> Or <b>Yogurt Or Fresh Fruit</b>
WEDNESDAY	<b>Roast of the Day</b> Served With Oven Roasted, Creamed Potatoes & Seasonal Vegetables	<b>Roast Quorn Fillet</b> Served With Oven Roasted, Creamed Potatoes & Seasonal Vegetables	<b>Carrot Cake</b> Or <b>Yogurt Or Fresh Fruit</b>
THURSDAY	<b>Chicken Egg Fried Rice</b> Served With Chinese Curry Sauce & Spring Rolls	<b>Quorn Chicken Curry</b> Served With Basmati Rice And Flatbread	<b>Flapjack &amp; Custard</b> Or <b>Yogurt Or Fresh Fruit</b>
FRIDAY	<b>Homemade Margherita Pizza</b> Served With Oven Baked Chips And Beans	<b>Salmon Fillet</b> Served With Fresh Vegetables And Mash Potatoes	<b>A Selection Of Home Baking</b> Or <b>Yogurt Or Fresh Fruit</b>

All meals are served with water, Fresh Fruit is available daily  
For any dietary requirements please ask a member of our team or call the school.