

3 Week Menu Cycle		Whinless Down Academy Menu				Autumn 2023- Winter 2024	
Week Commencing 01/01/24 - 22/01/24-19/02/24-11/03/24	Week 1	Monday	Tuesday	Wednesday	Thursday	Friday	
		Sweet & Sour Chicken	Winter Beef Casserole	Roast Gammon	Pepperoni Pizza	Ham Carbonara	
		Gluten Free Sweet & Sour Chicken	Gluten Free Winter Beef Casserole	Gluten Free Roast Gammon	Gluten Free Pepperoni Pizza	Gluten Free Ham Carbonara	
		Dairy Free Sweet & Sour Chicken	Dairy Free Winter Beef Casserole	Dairy Free Roast Gammon	Dairy Free Pepperoni Pizza	Dairy Free Ham Carbonara	
		Sweet & Sour Quorn Stir Fry	Veggie Casserole	Quorn Sausages	Cheese & Tomato Pizza	Mac & Cheese	
		Savoury Rice	Mash Potatoes	Roast Potatoes	Chips	Garlic Bread	
			Baton Carrots & Peas	Cauliflower & Broccoli	Beans	Sweetcorn	
		Jacket Potato & Baked Beans	Jacket Potato & Cheese	Gravy	Jacket Potato, Baked Beans & Cheese	Jacket Potato, Coleslaw & Cheese	
				Jacket Potato & Tuna Mayonnaise			
		Butterscotch whip	Cookies	Jelly	Marble Cake &Chocolate Custard	Fruit Crumble & Custard	
		Gluten Free Butterscotch Whip	Gluten Free Cookies	Gluten Free Jelly	Gluten Free Marble Cake & Chocolate Custard	Gluten Free Fruit Crumble & Custard	
		Dairy Free Butterscotch Whip	Dairy Free Cookies	Dairy Free Jelly	Dairy Free Marble Cake & Chocolate Custard	Dairy Free Fruit Crumble & Custard	
Week Commencing 08/01/24-29/01/24-26/02/24-18/03/24	Week 2	Monday	Tuesday	Wednesday	Thursday	Friday	
		Sausage Roll	Lamb Hotpot	Roast Turkey, Stuffing & Gravy	Battered Fish	Chicken Pasta	
		Gluten Free Sausage Roll	Gluten Free Lamb Hotpot	Gluten Free Roast Turkey & Gravy	Gluten Free Battered Fish	Gluten Free Chicken Pasta	
		Dairy Free Sausage Roll	Dairy Free Lamb Hotpot	Dairy Free Roast Turkey, Stuffing & Gravy	Dairy Free Battered Fish	Dairy Free Chicken Psata	
		Veggie Sausage Roll	Veggie Hotpot	Veggie Quorn Sausage & Gravy	Veggie Nuggets	Wholemeal Tomato Pasta	
		Mashed Potato	Mixed Veg	Roast Potatoes	Chips	Garlic Bread Slice	
		Baked Beans		Carrots & Swede	Peas	Sweetcorn	
		Jacket Potato With Beans	Jacket Potato & Cheese	Jacket Potato & Tuna Mayonnaise	Jacket Potato With Beans & Cheese	Jacket Potato, Coleslaw & Cheese	
		Strawberry Whip	Cookies	Jelly	Rice Pudding	Fruit Sponge & Custard	
		Gluten Free Strawberry Whip	Gluten Free Cookies	Gluten Free Jelly	Gluten Free Rice Pudding	Gluten Free Fruit Sponge & Custard	
		Dairy Free Strawberry Whip	Dairy Free Cookies	Dairy Free Jelly	Dairy Free Rice Pudding	Dairy Free Fruit Sponge & Custard	
		Week Commencing 15/01/24-05/02/24-04/03/24-25/03/24	Week 3	Monday	Tuesday	Wednesday	Thursday
Savoury Mince	Creamy Chicken & Veg Pie With Gravy			Roast Loin Of Pork & Gravy	Breaded Fish	Meatballs & Pasta	
Gluten Free Savoury Mince	Gluten Free Creamy Chicken & Veg Pie With Gravy			Gluten Free Roast Loin Of Pork & Gravy	Gluten Free Breaded Fish	Gluten Free Meatballs & Pasta	
Dairy Free Savoury Mince	Dairy Free Creamy Chicken & Veg Pie With Gravy			Dairy Free Roast Loin Of Pork & Gravy	Dairy Free Breaded Fish	Dairy Free Meatballs & Pasta	
Veggie Savoury Mince	Veg & Lentil Pie With Gravy			Quorn Roast & Gravy	Breaded Veggie Burger	Veggie Meatballs & Pasta	
Cheesy Mash	Boiled Potatoes			Roast Potatoes	Chips	Garlic Bread	
Peas & Carrots	Sauted Leeks			Savoury Cabbage & Carrots	Beans	Sweetcorn	
Jacket Potato & Beans	Jacket Potato & Cheese			Jacket Potato & Tuna Mayonnaise	Jacket Potato With Beans & Cheese	Jacket Potato, Coleslaw & cheese	
Banana Whip	Cookies			Fruit Jelly	Fruit Tart & Custard	Fresh Fruit Salad & Strawberry Yoghurt	
Gluten Free Banana Whip	Gluten Free Cookies			Gluten Free Fruit Jelly	Gluten Free Fruit Tart & Custard	Gluten Free Fresh Fruit Salad & StrawberryYoghurt	
Dairy Free Banana Whip	Dairy Free Cookies			Dairy Free Fruit Jelly	Dairy Free Fruit Tart & Custard	Dairy Free Fresh Fruit Salad & Strawberry Yogurt	
WDAT Operates a Nut Free Kitchen Policy				DF = Dairy Free	VG = Vegetarian	GF = Gluten Free	

