

### 3 Week Menu Cycle

### Whinless Down Academy Menu

Autumn 2025- Winter 2026

week Commencing 27/10/2025-17/11/2025-08/12/2025-05/01/2026-26/01/2026-23/02/2026-16/03/2026	Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
		Battered Fish	Winter Beef Casserole	Roast Gammon	Pepperoni Pizza	Mac & Cheese Bake
		Gluten Free Battered Fish	Gluten Free Winter Beef Casserole	Gluten Free Roast Gammon	Gluten Free Pepperoni Pizza	Gluten Free Mac & Cheese Bake
		Dairy Free Battered Fish	Dairy Free Winter Beef Casserole	Dairy Free Roast Gammon	Dairy Free Pepperoni Pizza	Dairy Free Mac & Cheese Bake
		Veggie Nuggets	Veggie Casserole	Quorn Sausages & Gravy	Cheese & Tomato Pizza	Sweetcorn
		Chips	Mash	Roast Potatoes, Cauliflower & Broccoli	Baked Herby Wedges	Garlic Bread
		Peas	Jacket Potato With Cheese	Gravy	Baked Beans	Jacket Potato With Cheese
		Jacket Potato With Baked Beans		Jacket Potato With Tuna Mayonnaise	Jacket Potato With Baked Beans & Cheese	
		Fruit & Yoghurt	Flapjack	Fruit Jelly	Butterscotch Whip	Fruit Crumble & Custard
		Gluten Free Fruit & Yoghurt	Gluten Free Flapjack	Gluten Free Fruit Jelly	Gluten Free Butterscotch Whip	Gluten Free Fruit Crumble & Custard
		Dairy Free Fruit & Yoghurt	Dairy Free Flapjack	Dairy Free Fruit Jelly	Dairy Free Alpro Mousse Dessert	Dairy Free Fruit Crumble & Custard

#

Week Commencing 03/11/2025-24/11/2025-15/12/2025-12/01/2026-02/02/2026-02/03/2026-23/03/2026	Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
		Sweet & Sour Chicken	Lamb Hotpot	Roast Turkey & Stuffing	Sausage Roll	Mediterranean Pasta Bake
		Gluten Free Sweet & Sour Chicken	Gluten Free Lamb Hotpot	Gluten Free Roast Turkey	Gluten Free Sausage Roll	Gluten Free Mediterranean Pasta Bake
		Dairy Free Sweet & Sour Chicken	Dairy Free Lamb Hotpot	Dairy Free Roast Turkey & Stuffing	Dairy Free Sausage Roll	Dairy Free Mediterranean Pasta Bake
		Sweet & Sour Quorn Stir Fry	Veggie Hotpot	Veggie Sausage & Gravy	Veggie Sausage Roll	Sweetcorn
		Savoury Rice	Mixed Veg & Homemade Bread	Roast Potatoes, Carrots & Swede	Chips & Baked Beans	Garlic Bread
		Jacket Potato With Baked Beans	Jacket Potato With Cheese	Jacket Potato With Tuna Mayonnaise	Jacket potato With Baked Beans & Cheese	Jacket Potato With Cheese
		Fruit & Yoghurt	Flapjack	Fruit Jelly	Strawberry Whip	Pears & Chocolate Custard
		Gluten Free Fruit & Yoghurt	Gluten Free Flapjack	Gluten Free Jelly	Gluten Free Strawberry Whip	Gluten Free Pears & Chocolate Custard
		Dairy Free Fruit & Yoghurt	Dairy Free Flapjack	Dairy Free Jelly	Dairy Free Alpro Mousse Dessert	Dairy Free Pears & Chocolate Custard

Week Commencing 10/11/2025-01/12/2025-19/01/2026-03/02/2026-09/03/2026-30/03/2026	Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
		Breaded Fish	Creamy Chicken & Veg Pie	Roast Loin Of Pork & Gravy	Beef Burger	Vegetarian Pasta Bake
		Gluten Free Breaded Fish	Gluten Free Creamy Chicken & Veg Pie	Gluten Free Roast Loin Of Pork & Gravy	Gluten Free Beef Burgers	Gluten Free Vegetarian Pasta Bake
		Dairy Free Breaded Fish	Dairy Free Creamy Chicken & Veg Pie	Dairy Free Roast Loin Of Pork & Gravy	Dairy Free Beef Burgers	Dairy Free Vegetarian Pasta Bake
		Breaded Veggie Fingers	Quorn Veggie Pie	Quorn Roast & Gravy	Breaded Veggie Burger	Sweetcorn
		Chips & Peas	Broccoli, Mash & Gravy	Roast Potatoes, Savoury Cabbage & Carrots	Baked Seasoned Wedges With Baked Beans	Garlic Bread
		Jacket Potato With Baked Beans	Jacket Potato With Cheese	Jacket Potato With Tuna Mayonnaise	Jacket Potato With Beans & Cheese	Jacket Potato With Cheese
		Rice Pudding & Fruit Topping	Flapjack	Fruit Jelly	Banana Whip	Fruit Cake & Custard
		Gluten Free Rice Pudding & Fruit Topping	Gluten Free Flapjack	Gluten Free Fruit Jelly	Gluten Free Banana Whip	Gluten Free Fruit Cake & Custard
Dairy Free Rice Pudding & Fruit Topping	Dairy Free Flapjack	Dairy Free Fruit Jelly	Dairy Free Alpro Mousse Dessert	Dairy Free Fruit Cake & Custard		

WDAT Operates a Nut Free Kitchen Policy

DF = Dairy Free

VG = Vegetarian

GF = Gluten Free

Fruit and Yoghurts are offered daily