

Woodrow High House

June 2025



Welcome to
Woodrose
High House
here!



Breakfast	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
Cereal Bar	No planned menu	Cereal Bar Milk Porridge	Cereal Bar Milk	Cereal Bar Milk Porridge	Cereal Bar Milk	Cereal Bar Milk	Cereal Bar Milk Porridge	
Healthy Yogurt & Toppings		Yoghurt Honey Granola Toast Preserves	Yoghurt Honey Granola Toast Preserves	Yoghurt Honey Granola Toast Preserves	Yoghurt Honey Granola Toast Preserves	Yoghurt Honey Granola Toast Preserves	Yoghurt Honey Granola Toast Preserves	
Hot or Cold Protein Choice		Or	Warm waffle with selection of toppings	Grilled sausage or vegetarian sausage	Warm waffle with selection of toppings	Grilled sausage or vegetarian sausage	Grilled bacon Grilled sausage	Warm waffle with selection of toppings
Hot Vegetarian Choice/ Pastry			Cheese twist	Hash brown Grilled tomatoes	Cheese twist	Hash brown Grilled tomatoes	Vegetarian sausage Grilled tomatoes	Cheese twist
Eggs of the Day/ Baked Beans			Chef's choice of eggs	Baked beans Chef's choice of eggs	Chef's choice of eggs	Baked beans Chef's choice of eggs	Baked beans Chef's choice of eggs	Chef's choice of eggs
Fresh Fruit			Whole fresh fruit Grapefruit & orange platter	Whole fresh fruit Grapefruit & orange platter	Whole fresh fruit Grapefruit & orange platter	Whole fresh fruit Grapefruit & orange platter	Whole fresh fruit Grapefruit & orange platter	Whole fresh fruit Grapefruit & orange platter

Menu subject to change in short notice. Chefs will update staff ASAP before service starts

Lunch	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Salad Bar	No planned menu	Tomato, cucumber, grated carrot, mixed leaves, celery sticks, cous cous with fruit and fresh herbs	Tomato, cucumber, grated carrot, mixed leaves, quinoa with beetroot and feta, coleslaw	Tomato, cucumber, grated carrot, mixed leaves, crispy kale, Greek salad	Tomato, cucumber, mixed leaves, celery sticks, courgette & sweet chilli salad, summer slaw	Tomato, cucumber, mixed leaves, celery sticks, sliced onion, quinoa with roasted vegetable	Tomato, cucumber, mixed leaves, grated carrot, sliced onion, green pesto & olives pasta salad
Main Meal		<p>"Jacket potato or sweet potato lunch"</p> <p>Tuna sweetcorn mayo</p> <p>Sliced ham</p> <p>Bean curry</p>	<p>Chicken & Vegetable wrap with turmeric rice and Sweetcorn</p> <p>Haloumi cheese & Vegetable wrap with turmeric rice and Sweetcorn</p>	<p>Woodfire Pepperoni pizza with Beer battered onion rings</p> <p>Woodfire Margarita pizza with Beer battered onion rings</p>	<p>Catch of the day Lemon wedges Tartare sauce</p> <p>Creamy mushroom Gratin</p>	<p>Chicken fillet in a burger bun or Vegetarian burger with Caramelized onions and Bell peppers</p>	<p>Roast chicken with roast potato Yorkshire pudding</p> <p>Garlic mushroom Tart</p>
Vegetarian		<p>Baked beans</p> <p>Grated cheese</p>					
On The Side		Mixed salad	Grated cheese and extended salad bar	Tortillas chips	Crispy potato chips Minted peas Baked beans	Chips Herb garlic burger relish extended salad bar	Carrots Savoy cabbage
Dessert		Fresh fruit Fruit jelly Fruit pot Pudding of the day	Fresh fruit Fruit or Yoghurt pot Pudding of the day	Fresh fruit Fruit jelly Fruit pot Pudding of the day	Fresh fruit Fruit or Yoghurt pot Pudding of the day	Fresh fruit Fruit jelly Fruit pot Pudding of the day	Fresh fruit Fruit jelly Fruit pot Pudding of the day

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Supper	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Salad Bar	Simple mixed salad	Simple mixed salad	Simple mixed salad	Simple mixed salad	Sliced onion, Cucumber, Tomato, Shredded lettuce Sweetcorn, Coleslaw	Simple mixed salad	No planned menu
Main Meal	Hot Dog with jumbo sausage and vegetable chilli	Meat Free night: Arrabiata with black olives & sundried tomatoes Creamy spinach sauce & Parmesan cheese	Chinese vegetable & pork noodles	Meat Free Night: 'Mac and Cheese Night' With toppings: Crispy Vegan sausage Sundried tomatoes French fried onions Black olives	Woodfire Pepperoni or Margarita pizza	Crispy chicken Japanese style noodles broth pot	No planned menu
Vegetarian	Hot Dog with vegan sausage and vegetable chilli		Chinese style tempeh and vegetable rice noodles			Crispy Tofu Japanese style noodles broth pot	
On The Side	Potato wedges Grated cheese Sweetcorn	Green beans Garlic bread slice Grated cheese	Chinese cabbage and onion Steamed carrot	Sweetcorn and red peppers	Spiced potato wedges	Selection of fresh vegetables Soy sauce, sweet chilli sauce	
Evening Pudding & Hot Chocolate	Lemon Drizzle cake Fresh whole fruits	Jam & coconut sponge with vanilla sauce Fresh whole fruits	Flapjack Fresh whole fruits	Chocolate cake with chocolate sauce Fresh whole fruits	Homemade cake of the day Fresh whole fruits	Fruit crumble with custard Fresh whole fruits	

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