

Greenwood Academies Trust Secondary Menu

Monday Week 1	Tuesday Week 1	Wednesday Week 1	Thursday Week 1	Friday Week 1
Main Meal Choice	Main Meal Choice	Main Meal Choice	Main Meal Choice	Main Meal Choice
Gammon Steak R00307 Diced Potatoes R00532 Baked Beans R00091	Shepherd's Pie R00035 Meat Gravy R00569 Whole Green Beans R00087	Roast Turkey R00121 Sage & Onion Stuffing R00522 Roast Potatoes R00109 Green Cabbage R00097 Carrots R00085 Turkey Gravy R00440	Meat/Fish Pizza Selection R00168 Coleslaw R00106 Mixed Salad R00328	Chicken Pie R00023 Creamed Potato R00100 Garden Peas R00092 Meat Gravy R00569
Chicken Tikka Masala R00143 ½ Steamed Vegetable Rice R00274 & ½ Naan Bread R00331	Pork Sausage R00259 Creamed Potatoes R00100 Peas & Sweet corn R00103 Meat Gravy R00569	Cajun Cod R00779 New Potatoes R00525 Garden Peas R00092 or Mixed Salad R00328	Minced Beef in Homemade Chilli con Carne Sauce R00032 Steamed Rice R00104 Mixed Salad R00328	Breaded Fish Fillet Square R00650 Creamed Potato R00100 Garden Peas R00092 Or Baked Beans R00091
(V) Quorn Tikka Masala R00546 ½ Steamed Vegetable Rice R00274 & ½ Naan Bread R00331	(V) Leek and Vegetable Sausage R00645 Creamed Potatoes R00100 Peas & Sweet corn R00103 Vegetarian Gravy R00404	(V) Roast Quorn Fillet R00437 Roast Potatoes R00109 Carrots R00085 Green Cabbage R00097 Vegetarian Gravy R00404	(V) Vegetarian Pizza Selection R00139 Coleslaw R00106 Mixed Salad R00328	(V) Cheese & Onion Whirls R00016 Creamed Potato R00100 Baked Beans R00091
(V) Pasta in Tomato & Pesto Sauce R00618 Crusty Bread R00550 Mixed Salad R00328	(V) Pasta in Arrabiatta Sauce R00134 Crusty Bread R00550 Mixed Salad R00328	(V) Three Cheese Pasta Bake R00777 Crusty Bread R00550 Mixed Salad R00328	(V) Pasta in Chunky Vegetable Sauce R00146 Crusty Bread R00550 Mixed Salad R00328	(V) Pasta with Bolognese Sauce R00135 Crusty Bread R00550 Mixed Salad R00328

Potatoes, Sandwiches and Salad Options

A selection of Jacket Potato with a variety of fillings, Sandwich/Roll/ Baguette/Pasta Pot & Salad Selection.

Please see our separate menus for **Allergen** information.

Dessert Choice

Lemon Drizzle Cake
R00333

Banana Sponge & Custard
R00017 R00140

Strawberry Shortbread
R00418

Marble Sponge & Custard
R00377 R00140

Assorted Ice Cream Roll
R00557

A Selection of Cakes, Fresh Fruit, Yoghurt & Fruit Pots are available as an alternative to Dessert.

Please see our separate cake menu for Allergen information.

All menu items are subject to availability.

Drinks

A selection of Mineral Water, Fruit Juice based drinks & Flavoured Milk is available on a daily basis.

Allergen Information

If you have a question about the allergen content of any menu item, please ask a member of staff to show you the recipe (Recipe Reference e.g. R00062) or a Chef Recipe Card for that item.

