

Greenwood Academies Trust Secondary Menu

Monday Week 2	Tuesday Week 2	Wednesday Week 2	Thursday Week 2	Friday Week 2
Main Meal Choice	Main Meal Choice	Main Meal Choice	Main Meal Choice	Main Meal Choice
Ham & Mushroom Pasta R00456 Crusty Bread R00550 Mixed Salad R00328	Lamb Balti R00278 ½ Steamed Rice R00104 & ½ Naan Bread R00331	Roast Beef R00406 Yorkshire Pudding R00539 Roast Potatoes R00109 Country Mixed Vegetable R00483 Meat Gravy R00569	Pork Loin Steaks R00634 Creamed Potato R00100 Broccoli R00083 Sweet corn R00096 Meat Gravy R00569	Minced Beef in Homemade Bolognese Sauce R00038 With Pasta R00531 Crusty Bread R00550 Mixed Salad R00328
Cod in Parsley Sauce R00411 Creamed Potatoes R00100 Whole Green Beans R00087	Breaded Chicken Burger R00780 Jacket Wedges R00114 Baked Beans R00091	H/M Lemon Pepper Haddock R00289 Cauliflower Cheese R00164 Creamed Potato R00100	Turkey Meatballs in Tomato & Basil Sauce R00457 With Pasta R00531 Crusty Bread R00550 Mixed Salad R00328	Chicken Burritos R00344 Jacket Wedges R00114 or Mixed Salad R00328 Coleslaw R00106
(V) Vegetable Fingers R00609 Creamed Potato R00100 Baked Beans R00091	(V) Chickpea, Sweet Potato, Spinach and Pepper Balti R00031 ½ Steamed Rice R00104 & ½ Naan Bread R00331	(V) Quorn Sausage R00128 Roast Potatoes R00109 Country Mixed Vegetables R00483 Vegetarian Gravy R00404	(V) Vegetable Samosa R00445 Steamed Wholegrain Vegetable Rice R00533 With a Mint Dip. R00551	(V) Cheese & Tomato Omelette R00018 Jacket Wedges R00114 Baked Beans R00091 or Mixed Salad R00328
(V) Macaroni Cheese R00503 Crusty Bread R00550 Mixed Salad R00328 Or Whole Green Beans R00087	(V) Wholemeal Pasta Tomato & Basil Sauce R00252 Crusty Bread R00550 Mixed Salad R00328 Coleslaw R00106	(V) Pasta in a Tomato & Pesto Sauce R00641 Crusty Bread R00550 Mixed Salad R00328	(V) Pasta in Arrabiatta Sauce R000134 Crusty Bread R00550 Mixed Salad R00328 Coleslaw R00106	(V) Minced Quorn In Homemade Bolognese Sauce R00273 With Pasta R00531 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				
Jam Sponge & Custard R000530 & R00140	Apple Crumble & Custard R00069 & R00140	Chocolate Brownie R00633	Corn Flake Tart & Custard R00382 & R00140	Blueberry Muffins R00589
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.				

