

Greenwood Academies Trust Secondary Menu

Monday Week 3	Tuesday Week 3	Wednesday Week 3	Thursday Week 3	Friday Week 3
Main Meal Choice	Main Meal Choice	Main Meal Choice	Main Meal Choice	Main Meal Choice
Cajun Turkey Strips R00012 with ½ Vegetable Rice R00274 & ½ Pitta Bread R00454 With Mixed Salad R00328	Minced Beef Lasagne R00127 Crusty Bread R00550 Mixed Salad R00328	Roast Pork R00120 with Sage & Onion Stuffing R00522 Roast Potatoes R00109 Sliced Green Beans R00086 Carrots R00085 Meat Gravy R00569	Salmon Bites R00363 Creamed Potatoes R00100 Baked Beans R00106	Beef Burger R00290 Jacket Wedges R00114 Baked Beans R00106
Sausage Roll R00389 Creamed Potatoes R00100 Garden Peas R00092	Haddock in Tarragon & Lemon butter R00452 New Potatoes R00525 Whole Green Beans R00087	Lamb Jalfrezi R00648 Steamed Vegetable Rice R00274 Mixed Salad R00328	Ham & Tomato Baguette Pizza R00628 Mixed Salad R00328 Coleslaw R00106	Sweet & Sour Pork with Oriental Vegetables R00041 Steamed Rice R00104
(V) Vegetarian Sausage Roll R00292 Creamed Potatoes R00100 Garden Peas R00092	(V) Mediterranean Stuffed Peppers R00397 Mixed Salad R00328 Crusty Bread R00550	(V) Roast Quorn Fillet R00437 Roast Potatoes R00109 Sliced Green Beans R00086 Carrots R00085 Vegetarian Gravy R00404	(V) Cheese & Tomato Baguette Pizza R00070 Mixed Salad R00328 Coleslaw R00106	(V) Quorn Burger R00276 Jacket Wedges R00114 Baked Beans R00091
(V) Pasta with Arrabiatta Sauce R00134 Crusty Bread R00550 Mixed Salad R00328	(V) Vegetable Lasagne R00051 Crusty Bread R00550 Mixed Salad R00328	(V) Pasta in a Tomato & Pesto Sauce R00641 Crusty Bread R00550 Mixed Salad R00328	(V) Wholemeal Pasta in Tomato & Basil Sauce R00252 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				
Chocolate Sponge & Chocolate Sauce R00325	Crunchy Pudding R00478 & Custard R00140	Assorted Frozen Yoghurts R00118	Eves Pudding & Custard R00048 R00140	Caramel Tart with Cream R00335 R00414
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.				

