



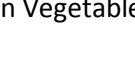




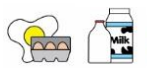

















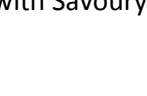

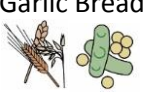

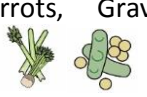
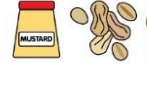












































# Greenwood Academies Trust Secondary Menu 2014-15

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			
<p>Sausages </p> <p>Creamed Potatoes </p> <p>Baked Beans or Vegetable of the day </p>	<p>Pork Meatballs </p> <p>Wholegrain Vegetable Rice </p> <p>Garlic Bread </p>	<p>Roast Beef Yorkshire Pudding </p> <p>Roast Potatoes, Cabbage Carrots, Gravy </p>	<p>Un-breaded Turkey Burger in a Bun </p> <p>Mixed Salad &amp; Coleslaw </p>	<p>Cod Fish Fingers </p> <p>Creamed Potatoes </p> <p>Garden Peas </p>			
<p>Quorn Sausages </p> <p>Creamed Potatoes </p> <p>Baked Beans or Vegetable of the day </p>	<p>Sweet Chilli Glazed Fillet of Salmon </p> <p>New Potatoes Broccoli </p>	<p>Breaded Chicken Fillets </p> <p>Creamed Potatoes </p> <p>Baked Beans </p>	<p>Lamb Rogan Josh </p> <p>Turmeric Rice </p>	<p>Honey Glazed Pork Medallions </p> <p>Creamed Potatoes </p> <p>Garden Peas </p>			
<p>(V)Mediterranean Veg Stuffed Pepper </p> <p>with Savoury Rice </p>	<p>(V) Quorn Curry </p> <p>Wholemeal Vegetable Steamed Rice Garlic Bread </p>	<p>(V) Vegetable Cottage Pie </p> <p>Cabbage, Carrots, Gravy </p>	<p>(V)Baked Vegetable Biryani </p>	<p>(V) Quorn Dippers </p> <p>Creamed Potatoes </p> <p>Garden Peas </p>			
<p>(V) Pasta </p> <p>Creamy Tomato Vegetable Sauce </p> <p>Crusty Bread </p> <p>Mixed Salad </p>	<p>Chicken and Chorizo Pasta </p> <p>Crusty Bread </p> <p>Mixed Salad </p>	<p>(V)Pasta </p> <p>Sundried tomato &amp; Red Onion Sauce </p> <p>Crusty Bread </p> <p>Mixed Salad </p>	<p>(V) Macaroni Cheese </p> <p>Crusty Bread </p> <p>Mixed Salad </p>	<p>Broccoli &amp; Smoked Haddock Pasta Bake </p> <p>Crusty Bread </p> <p>Mixed Salad </p>			
<b>Potatoes, Sandwiches and Salad Options</b>							
<b>A selection of Jacket Potato with a variety of fillings, Sandwich/Roll/ Baguette/Pasta Pot &amp; Salad Selection.</b> Please see our separate menus for Allergen information.							
<b>Dessert Choice</b>							
Syrup Sponge 	Apple Pie with Cream 	Chocolate Crunch 	Black Cherry Sponge with Chocolate Sauce 	Caramel Tart 			
<p>A Selection of Cakes, Fresh Fruit, Yoghurt  &amp; Fruit Pots are available as an alternative to Dessert. Custard  is served with desserts as appropriate.</p> <p>Please see our separate cake menu for Allergen information. All menu items are subject to availability.</p>							
<b>Drinks</b>							
<p>A selection of Mineral Water, Fruit Juice based drinks &amp; Flavoured Milk  is available on a daily basis.</p>							
<b>Allergen Symbols Key</b>	 Gluten	 Milk	 Eggs	 Sulphites	 Mustard	 Peanuts	 Soya
	 Fish	 Lupin	 Crustaceans	 Molluscs	 Nuts	 Sesame Oil	 Celery