











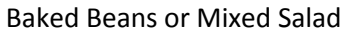




















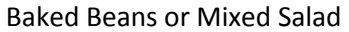





































Greenwood Academies Trust Secondary Menu 2014-15

Monday Week 4	Tuesday Week 4	Wednesday Week 4	Thursday Week 4	Friday Week 4			
Main Meal Choice	Main Meal Choice	Main Meal Choice	Main Meal Choice	Main Meal Choice			
Chicken Tikka Masala  with Steamed Wholegrain Vegetable Rice	Braised Beef Steak,  Creamed Potatoes,  Cabbage, Mixed Vegetables Gravy 	Roast Pork with Apple Sauce,  Roast Potatoes, Broccoli Carrots  & Gravy 	Meat/Fish Pizza Selection,  Coleslaw  Baked Beans or Mixed Salad 	Cod & Salmon Fish Cake,  Jacket Wedges  Baked Beans or Mixed Salad 			
Turkey Milanese,  New Potatoes,  Peas & Sweetcorn	Thai Green Chicken Curry  with Steamed Rice	(V) Roast Quorn Fillet,  Roast Potatoes, Broccoli Carrots  & Gravy 	Sweet & Sour Pork  With Steamed Rice	(V) Mixed Vegetable Chow Mein  			
(V) Vegetarian Chilli  with Wholegrain Rice & Crusty Bread 	Vegetarian Samosa,  Steamed Vegetable Rice and Mint Yoghurt Dip 	Tuna Steak Glazed with Hoi Sin sauce  and Noodles 	(V) Vegetarian Pizza Selection,  Coleslaw  Baked Beans or Mixed Salad 	(V) Cheese & Onion Quiche,  Jacket Wedges  Baked Beans or Mixed Salad 			
Ham Leek & Mushroom Sauce  Pasta  Crusty Bread  & Mixed Salad	(V) Chunky Vegetable Sauce  Pasta  Crusty Bread  & Mixed Salad	(V) Sweet Chilli Stir fry Noodles  Crusty Bread  & Mixed Salad	(V) 3 Cheese Pasta bake,  Crusty Bread  & Mixed Salad	(V) Bolognese Sauce,  Pasta  Crusty Bread  & Mixed Salad			
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 & Pear Sponge with Custard 	Homemade Cherry Cookies 	Crunchy Pudding with Custard 	Summer Fruit Sponge with Custard Sauce 	Yoghurt Selection (V) 			
A Selection of Cakes, Fresh Fruit, Yoghurt  & Fruit Pots are available as an alternative to Dessert. Custard  is served with desserts as appropriate. 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 Symbols Key	 Gluten	 Milk	 Eggs	 Sulphites	 Mustard	 Peanuts	 Soya
	 Fish	 Lupin	 Crustaceans	 Molluscs	 Nuts	 Sesame Oil	 Celery

