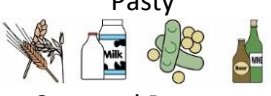







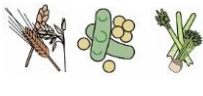


































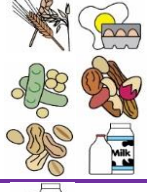






















# Greenwood Academies Trust Secondary Menu 2014-15

Monday Week 5	Tuesday Week 5	Wednesday Week 5	Thursday Week 5	Friday Week 5			
Main Meal Choice	Main Meal Choice	Main Meal Choice	Main Meal Choice	Main Meal Choice			
Mini Beef & Vegetable Pasty  Creamed Potatoes  Garden Peas & Gravy 	Lamb Hotpot  Crusty Bread  Country Vegetable Mix Gravy 	Minced Beef Lasagne,  Garlic Bread  and Mixed Salad	Chicken Breast Sweet & Sour Sauce  Savoury Wholegrain Rice	Breaded Cod  Creamed Potato  Baked Beans or Mixed Salad			
Grilled Smoked Haddock in Cheese Sauce  Creamed Potatoes  Garden Peas	(V) Vegetable Spring Rolls  with Steamed Rice Sweet Chilli Sauce	Lemon Pepper Haddock  Cauliflower Cheese  Broccoli & Creamed Potato 	Cajun Seasoned Pork Steak  New Potatoes and Baby Corn	Braised Lamb Casserole  Creamed Potatoes  Carrots			
(V) H.M. Vegetable Pasty  Creamed Potatoes  Garden Peas Gravy 	(V) Vegetarian Hotpot  Crusty Bread  Country Vegetables	(V) Quorn Jalfrezi  Steamed Vegetable Rice	(V) Quorn Fillet  Sweet & Sour Sauce  Savoury Wholegrain Rice	(V) Mediterranean Vegetable Enchilada  with Mixed Salad			
Tagliatelle  With Turkey or Quorn Meatballs  Crusty Bread  Mixed Salad	(V) Spinach & Ricotta Cannelloni  Crusty Bread  Mixed Salad	(V) Vegetable Lasagne,  Garlic Bread  Mixed Salad	(V) Tagliatelle  in Garlic and Chive Sauce  & Crusty Bread  Mixed Salad	(V) Pasta  in Tomato & Basil Sauce  Garlic Bread  Mixed Salad			
<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 <b>Allergen</b> information.							
<b>Dessert Choice</b>							
Chocolate Sponge & Chocolate Sauce 	Ice Cream Roll 	Fruit Pots 	Bakewell Tart 	Cheesecake with Fruit Topping 			
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.							
<b>Drinks</b>							
A selection of Mineral Water, Fruit Juice based drinks & Flavoured Milk  is available on a daily basis.							
<b>Allergen Symbols Key</b>	 Gluten	 Milk	 Eggs	 Sulphites	 Mustard	 Peanuts	 Soya
	 Fish	 Lupin	 Crustaceans	 Molluscs	 Nuts	 Sesame Oil	 Celery

