








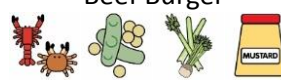





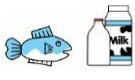













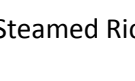





























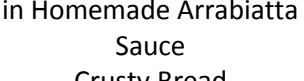




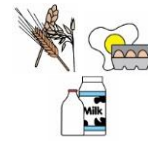





















Greenwood Academies Trust Secondary Menu 2014-15

Monday Week 6	Tuesday Week 6	Wednesday Week 6	Thursday Week 6	Friday Week 6			
Main Meal Choice	Main Meal Choice	Main Meal Choice	Main Meal Choice	Main Meal Choice			
Cumberland Pie  Broccoli & Carrots  Gravy 	Chicken Casserole  Wholemeal Herb Scones  Creamed Potato  Country Veg Mix 	Roast Pork  with Apple Sauce Roast Potatoes, Sliced Green Beans, Cabbage and Gravy 	Beef Burger  Un- seeded burger bun  Mixed Salad, Coleslaw 	Chicken Fajita Filling  Flour Tortilla  Mixed Salad 			
Haddock with Lemon Chilli Butter  New Potatoes & Broccoli 	Ham & Cheese Omelette,  Potato Wedges  Baked Beans or Mixed Salad 	(V) Assorted Melt Baguettes   Mixed Salad 	Lamb Balti  Vegetable Rice 	Fish Fillet Squares  Creamed Potato  Baked Beans 			
(V) Five Bean Chilli  Steamed Rice  Crusty Bread 	(V) Cheese & Tomato Omelette  Potato Wedges,  Baked Beans or Mixed Salad 	(V) Grilled Vegetable Plait  Roast Potatoes & Country Vegetable Mix 	(V) Quorn Burger  Un- seeded burger bun  with Mixed Salad & Coleslaw 	(V) Cheese & Onion Whirls  Creamed Potato  Baked Beans 			
(V) Pasta  in Creamy Tomato Sauce  Crusty Bread  & Mixed Salad 	(V) Minced Quorn Bolognese Sauce  Spaghetti  Crusty Bread  & Mixed Salad 	(V) Pasta  in Carbonara Sauce  Crusty Bread  and Mixed Salad 	(V) Pasta  Pesto & Crème Fraiche Sauce  Crusty Bread  And Mixed Salad 	(V) Pasta  in Homemade Arrabiatta Sauce  Crusty Bread  and 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							
Lemon Sponge 	Yoghurt Selection (V) 	Pineapple Upside Down Cake 	Apple Flapjack 	Strawberry Flan with cream 			
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

