


















Greenwood Academies Trust Secondary Menu 2014-15

Monday Week 2	Tuesday Week 2	Wednesday Week 2	Thursday Week 2	Friday Week 2					
Main Meal Choice									
H.M. Oven Baked Crumbed Haddock  Creamed Potatoes  Garden Peas or Baked Beans	Lamb Moussaka  Garlic Bread  Sweetcorn or Mixed Salad	Sausage Roll  Jacket Wedges  Baked Beans or Vegetable of the day	Chicken Curry  Steamed Wholegrain Vegetable Rice OR Naan Bread 	Pork & Vegetable Pie  Creamed Potatoes  Country Vegetable Mix					
Sweet & Sour Turkey  Steamed Rice	Chicken Burritos  Roasted Mixed Vegetables	Chilli con Carne  Steamed Rice	Scampi Bites  Potato Wedges Garden Peas or Baked Beans	Beef Enchiladas  Mixed Salad or Steamed Rice					
(V) Vegetarian Burger  Creamed Potatoes,  Garden Peas or Baked Beans	(V) Cheese & Tomato Baguette Pizza  Mixed Salad & Coleslaw 	(V) Vegetarian Sausage Roll  Jacket Wedges & Baked Beans or Vegetable of the day	(V) Sweet Potato, Chick Pea Curry  Steamed Wholegrain Rice Or Naan Bread 	(V) Quorn Sausage Casserole  Creamed Potatoes  Country Vegetables					
(V) Oriental Vegetables in Sweet & Sour Sauce  with Noodles 	(V) Pasta in a Tomato & Pesto Sauce  with Crusty Bread  & Mixed Salad	(V) Pasta Bolognese Sauce  With Crusty Bread  & Mixed Salad	(V) Pasta Roasted Tomato & Red pepper Sauce  With Crusty Bread  & Mixed Salad	Tuna Pasta Bake  with 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									
Fruit Muffins		Lemon Drizzle Cake		Carrot Cake with Cream Cheese Frosting		Apple Crumble		Frozen Yoghurts	
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		

