

# Greenwood Academies Trust Secondary Menu

Monday Week 3	Tuesday Week 3	Wednesday Week 3	Thursday Week 3	Friday Week 3
<b>Main Meal Choice</b>	<b>Main Meal Choice</b>	<b>Main Meal Choice</b>	<b>Main Meal Choice</b>	<b>Main Meal Choice</b>
Turkey Meatballs in Tomato & Basil Sauce R00457 Garlic Bread R00536 With Pasta R00531 Mixed Salad R00328	Spinach & Ricotta Cannelloni R00045 Crusty Bread R00550 Mixed Salad R00328 Coleslaw R00106	H/M Lemon Pepper Haddock R00289 Broccoli Cheese R00020 Creamed Potato R00100	Lamb Balti R00278 ½ Steamed Rice R00104 & ½ Naan Bread R00331	Breaded Fish Fillet Square R00650 Oven Baked Diced Potatoes R00532 Baked Beans R00106 Mushy Peas R00774
Pork Sausage R00259 Creamed Potatoes R00100 Peas & Sweet corn R00103 Meat Gravy R00569	Lamb & Vegetable Casserole R00060 Herb Scones R00428 Creamed Potatoes R00100 Sliced Green Beans R00086 Or Sweet corn R00096	Roast Chicken Breast R00264 Sage & Onion Stuffing R00522 Roast Potatoes R00109 Carrots R00085 Broccoli R00083 Chicken Gravy R00473	Ham & Tomato Baguette Pizza R00628 Mixed Salad R00328 Coleslaw R00106	Beef & Mushroom Pie R00008 Creamed Potatoes R00100 Garden Peas R00092 Meat Gravy R00569
(V) Cheese and Onion Slice R00626 Creamed Potatoes R00100 Baked Beans R00106 or Garden Peas R00092	(V) Vegetable Casserole R00625 Herb Scones R00428 Creamed Potatoes R00100 Sliced Green Beans R00086 Or Sweet corn R00096	(V) Vegetable Burrito R00235 Mixed Salad R00328 Crème Fraiche R00643	(V) Chickpea, Sweet Potato, Spinach and Pepper Balti R00031 ½ Steamed Rice R00104 & ½ Naan Bread R00331	(V) Quorn Dippers R00649 Oven Baked Diced Potatoes R00532 Baked Beans R00106
(V) Leek & Vegetable Sausage R00775 Creamed Potatoes R00100 Peas & Sweet corn R00103 Vegetarian Gravy R00404	(V) Pasta in a Tomato & Pesto Sauce R00641 Crusty Bread R00550 Mixed Salad R00328	(V) Roast Quorn Fillet R00437 Sage & Onion Stuffing R00522 Roast Potatoes R00109 Carrots R00085 Broccoli R00083 Vegetarian Gravy R00404	(V) Cheese & Tomato Baguette Pizza R00070 Mixed Salad R00328 Coleslaw R00106	(V) Wholemeal Pasta in Tomato & Basil Sauce R00252 Garlic Bread R00536 Mixed Salad R00328
<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>				
Apple & Blueberry Crumble & Custard R00631 & R00140	Corn Flake Tart & Custard R00382 & R00140	Ginger Cake with Orange Frosting R00629	Chocolate Sponge & Chocolate Sauce R00325	Fruit Jelly Sundae(V) R00635
A Selection of Cakes, Fresh Fruit, Yoghurt & Fruit Pots are available as an alternative to Dessert. <b>Please see our separate cake menu for Allergen information.</b> <b>All menu items are subject to availability.</b>				
<b>Allergen Information</b>				
If you have a question about the allergen content of any menu item, please ask a member of staff to show you the recipe (Recipe Reference e.g. R00062) or a Chef Recipe Card for that item.				

