

# Greenwood Academies Trust Secondary Menu

Monday Week 1	Tuesday Week 1	Wednesday Week 1	Thursday Week 1	Friday Week 1
Main Meal Choice	Main Meal Choice	Main Meal Choice	Main Meal Choice	Main Meal Choice
Minced Pork & Onion Pie R00126 Creamed Potato R00100 Broccoli R00083 Meat Gravy R00569	Cod in Parsley Sauce R00401 Creamed Potatoes R00100 Whole Green Beans R00087	Lamb Burgers R00773 Unseeded Burger Bun R000541 Sweet corn R00096 or Mixed Salad R00328	Cajun Chicken Breast R00352 Wholegrain Vegetable Rice R00533 Mixed Salad R00328	Chilli Beef Enchiladas R00441 Mixed Salad R00328 Coleslaw R00106 Or Crème Fraiche R00643
Chicken Tikka Masala R00143 ½ Steamed Vegetable Rice R00274 & ½ Naan Bread R00331	Pasta in a Minced Beef Bolognese Sauce R00038 Garlic Bread R00536 Mixed Salad R00328	Roast Turkey R00121 with Sage & Onion Stuffing R00522 Roast Potatoes R00109 Green Cabbage R00097 Carrots R00085 Turkey Gravy R00440	Sausage Roll R00389 Creamed Potatoes R00100 Garden Peas R00092	Cod Fish Fingers R00391 Jacket Wedges R00114 Baked Beans R00091
(V) Quorn Tikka Masala R00546 ½ Steamed Vegetable Rice R00274 & ½ Naan Bread R00331	(V) H/M Cheese & Onion Whirls R00016 Creamed Potato R00100 Baked Beans R00091	(V) Roast Quorn Fillet R00437 with Sage & Onion Stuffing R00522 Roast Potatoes R00109 Carrots R00085 Green Cabbage R00097 Vegetarian Gravy R00404	(V) Vegetarian Sausage Roll R00292 Creamed Potatoes R00100 Garden Peas R00092	(V) Mexican Vegetable Enchiladas R00271 Mixed Salad R00328 Coleslaw R00106 Or Crème Fraiche R00643
(V) Pasta in Tomato & Pesto Sauce R00618 Crusty Bread R00550 Mixed Salad R00328 Coleslaw R00106	(V) Pasta with Bolognese Sauce R00135 Garlic Bread R00536 Mixed Salad R00328	(V) Pasta in Arrabiatta Sauce R00134 Crusty Bread R00550 Mixed Salad R00328	(V) Pasta in Chunky Vegetable Sauce R00146 Crusty Bread R00550 Mixed Salad R00328 Coleslaw R00106	(V) Vegetable Fingers R00609 Jacket Wedges R00114 Baked Beans R00091

### 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

Summer Fruit Muffins R00640	Chocolate Cake with Chocolate Frosting R00630	Banana Sponge R00017 & Custard R00140	Apple Flapjack R00024	Carrot Cake with cream Cheese Frosting R00588
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A Selection of Cakes, Fresh Fruit, Yoghurt & Fruit Pots are available as an alternative to Dessert.

**Please see our separate cake menu for Allergen information.**

**All menu items are subject to availability.**

### Allergen Information

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.

