

# Greenwood Academies Trust Secondary Menu

Monday Week 2	Tuesday Week 2	Wednesday Week 2	Thursday Week 2	Friday Week 2
Main Meal Choice	Main Meal Choice	Main Meal Choice	Main Meal Choice	Main Meal Choice
Lamb Jalfrezi R00648 ½ Steamed Rice R00104 & ½ Naan bread R00331	Turkey in Peri Peri Sauce R00790 with ½ Vegetable Rice R00274 & ½ Pitta Bread R00454 With Mixed Salad R00328	Cajun Cod R00779 New Potatoes R00525 Garden Peas R00092 or Mixed Salad R00328	Scampi Bites R00112 Oven Baked New Potatoes R00480 Garden Peas R00092	Chunky Chilli Chicken R00622 Steamed Wholegrain Rice R00535 Mixed Salad R00328
Chicken Pie R00023 Garden Peas R00092 New Potatoes R00525 Chicken Gravy R00473(V)	Tuna Pasta Bake R00044 Crusty Bread R00550 Mixed Salad R00328	Roast Beef R00406 Yorkshire Pudding R00539 Roast Potatoes R00109 Country Mixed Vegetable R00483 Meat Gravy R00569	Meat/Fish Pizza Selection R00168 Coleslaw R00106 Mixed Salad R00328	Beef Burger R00290 Unseeded Burger Bun R000541 Baked Beans R00106 Or Mixed Salad R00328
(V) Cheese & Onion Quiche R00427 New Potatoes R00525 Garden Peas R00092 Or Mixed Salad R00328	(V) Cheese & Tomato Omelette R00018 Jacket Wedges R00114 Baked Beans R00091 or Mixed Salad R00328	(V) Vegetable Cottage Pie R00047 Country Mixed Vegetables R00483 Vegetarian Gravy R00404	(V) Vegetarian Pizza Selection R00139 Coleslaw R00106 Mixed Salad R00328	(V) Chunky Chilli Quorn R00623 Steamed Wholegrain Rice R00535 Mixed Salad R00328
(V) Wholemeal Pasta Tomato & Basil Sauce R00252 Crusty Bread R00550 Mixed Salad R00328	(V) Pasta Provençale R00179 Crusty Bread R00550 Mixed Salad R00328	(V) Quorn Sausage R00128 Roast Potatoes R00109 Country Mixed Vegetables R00483 Vegetarian Gravy R00404	(V) Pasta in Arrabiatta Sauce R000134 Crusty Bread R00550 Mixed Salad R00328 Coleslaw R00106	(V) Quorn Burger R00276 Unseeded Burger Bun R000541 Baked Beans R00091 Or Mixed Salad R00328

## 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

Vanilla Sponge & Custard  
R00644 & R00140

Chocolate Brownie  
R00633

Lemon Drizzle Cake  
R00333

Bakewell Tart & Custard  
R00002 & R00140

Chocolate Ice cream Roll  
R00610

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.

