

Greenwood Academies Trust Secondary Menu

Monday Week 3	Tuesday Week 3	Wednesday Week 3	Thursday Week 3	Friday Week 3
Main Meal Choice	Main Meal Choice	Main Meal Choice	Main Meal Choice	Main Meal Choice
Hunters Chicken R00791 Diced Potatoes R00525 Corn on the Cob R01406	Chilli Con Carne R00032 Vegetable Steamed Rice R00274 Crusty Bread R00550	Roast Pork with Apple Sauce R00120 Roast Potatoes R00109 Carrots R00085 Sliced Green Beans R00086 Gravy R00569	Jerk Chicken R00046 Steamed Rice R00104 Peas R00092 Coleslaw R00106	GF Bubble Coated Fish Fillet R01398 Creamed Potato R00100 Baked Beans R00091
(V) Vegan Sausage R00645 Diced Potatoes R00525 Garden Peas R00092 Gravy R00569	(V) Vegetable & Lentil Pastie R00552 New Potatoes R00525 Broccoli Mix R01401	(V) Roast Vegan Quorn Fillet with Apple Sauce R00437 Roast Potatoes R00109 Carrots R00085 Sliced Green Beans R00086 Gravy R00569	(V) Sweet & Sour Quorn & Vegetables R00039 Steamed Rice R00104	(V) Vegetable Fingers R00609 Creamed Potato R00100 Baked Beans R00091
(V) Pasta Provençale R00179 Crusty Bread R00550 Mixed Salad R00328	(V) Macaroni Cheese R00503 Crusty Bread R00550 Mixed Salad R00328	(V) Pasta in a Tomato and Basil Sauce R00252 Crusty Bread R00550 Mixed Salad R00328	(V) Pasta in a Tomato & Pesto Sauce R00641 Crusty Bread R00550 Mixed Salad R00328	(V) Pasta in a Arriabatta Sauce R00134 Crusty Bread R00550 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 R00644 Custard R00140	Lemon & Raspberry Sponge R01385	Ginger Oat Cookie R01300	Apple & Blackberry Crumble R00 Custard R00140	Sticky Toffee Pudding R01400 Custard R00140
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.				

