

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 |
| Cod in Parsley Sauce R00411 Creamed Potatoes R00100 Broccoli Mix R01401 | Lamb Rogan Josh R00542 ½ Steamed Rice R00104 & ½ Naan Bread R00331 | Roast Turkey R00121 Sage & Onion Stuffing R00522 Roast Potatoes R00109 Carrots R00085 Cabbage R00097 (V) Gravy R00569 | Chicken & Pepper Pasta R01382 Pasta Twists R00531 Garlic Bread R00536 | Fish Fillet Square R00650 Jacket Wedges R00114 Garden Peas R00092 |
| (V) Cheese & Onion Slice R00626 Creamed Potatoes R00100 Baked Beans R00106 | (V) Vegetable Rogan Josh R01407 ½ Steamed Rice R00104 & ½ Naan Bread R00331 | (V) Roast Quorn Fillet R00 Roast Potatoes R00109 Carrots R00085 Cabbage R00097 (V) Gravy R00569 | (V) Vegan Meatballs in Tomato Sauce R01331 Pasta Twists R00531 Garlic Bread R00536 | (V) Vegan Southern Fried Nuggets R01377 Jacket Wedges R00114 Garden Peas R00092 |
| (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 | | | | |
| Pear Crumble R00638 Custard R00140 | Chocolate Angel Delight R01399 Orange Shortbread R01384 | Flapjack R00058 | Chocolate Sponge with Chocolate Sauce R00325 | Cornflake Tart R00382 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. | | | | |

