



























































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			
Chicken & Mushroom Pie  Country Vegetable Mix, New Potatoes, Gravy 	Gammon Steak & Pineapple Slice ½ Baked Potato Whole Green Beans	Roast Turkey  with Stuffing  Roast Potatoes, Cabbage, Carrots, Gravy 	Meat/Fish Pizza Selection  Mixed Salad & Coleslaw  or Baked Beans	Cottage Pie  Sweetcorn Broccoli, Gravy 			
Beef Rogan Josh  Steamed Vegetable Rice	Chargrilled Chicken Wrap  Mixed Salad	Haddock in Parsley Sauce  Creamed Potatoes  Carrots 	Pork & Oriental Vegetables in Sweet Chilli sauce  Noodles 	Jerk Chicken  Steamed Rice Peas			
(V) Bean & Vegetable Bake  New Potatoes Garden Peas Gravy 	(V) Vegetarian Sausage  in a Hot Dog Roll  Mixed Salad	(V) Cajun Quorn Fillet  Roast Potatoes Cabbage, Carrots, Gravy 	(V) Vegetarian Pizza Selection  Mixed Salad & Coleslaw  or Baked Beans	(V) Quorn Meatballs  Pasta or Rice  Garlic Bread, Sweetcorn 			
(V) Pasta  in Homemade Arrabiatta Sauce Mixed Salad	(V) Pasta  in a Creamy Mushroom & Pepper Sauce 	(V) Vegetable Wholemeal Pasta  Crusty Bread and  Mixed Salad	(V) Pasta  in Homemade Tomato & Basil Sauce  Mixed Salad	(V) Pasta  in Homemade Bolognese Sauce  Mixed Salad			
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							
Eve's Pudding 	Strawberry Shortbread 	Banana Sponge 	Marble Sponge 	Fruit Jelly (V)			
A Selection of Cakes, Fresh Fruit, and Yoghurt  & Fruit Pots are available as an alternative to Dessert. Custard  is served with desserts as appropriate. Please see our separate cake menu for Allergen information. All menu items are subject to availability.							
Drinks							
A selection of Mineral Water, Fruit Juice based drinks & Flavoured Milk  is available on a daily basis.							
Allergen Symbols Key	 Gluten	 Milk	 Eggs	 Sulphites	 Mustard	 Peanuts	 Soya
	 Fish	 Lupin	 Crustaceans	 Molluscs	 Nuts	 Sesame Oil	 Celery