

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
Shepherd's Pie R00035 Garden Peas R00092 Meat Gravy R00569	Chicken in Sweet Chilli sauce, with Oriental Stir Fry Noodles R00102	Lamb Hotpot R00065 Crusty Bread R00550 Country Vegetable Mix R00483 Meat Gravy R00569	Un-breaded Turkey Burger R00442 in an un-seeded bun R00541 Mixed Salad R00328 Coleslaw R00106	Cajun Pork Steak R00455 Jacket Wedges R00114 Roasted Mediterranean Vegetables R00059
(V) Pasta with Arrabiatta Sauce R00134 Mixed Salad R00328 Crusty Bread R00550	(V) Vegetable Burger R00105 Oven Baked New Potatoes R00480 Baked Beans R00091 or Mixed Salad R00328	Vegetable Hotpot R00256 Country Veg Mix R00483 Crusty Bread R00550	(V) Wholemeal Pasta in Tomato & Basil Sauce R00252 With Mixed Salad R00328 Coleslaw R00106	(V) Baked Vegetable Biryani R00408
Chicken Pie R00023 Creamed Potatoes R00100 Garden Peas R00092 Chicken Gravy R00473	Minced Beef Lasagne R00127 Garlic Bread R00536 Mixed Salad R00328	Roast Pork R00120 with Apple Sauce R00470 Roast Potatoes R00109 Sliced Green Beans R00086 Carrots R00085 Meat Gravy R00569	Minced Beef in Homemade Chilli con Carne Sauce R00032 Steamed Rice R00104	Breaded Fish Fillet R00650 Jacket Wedges R00114 Garden Peas R00092
(V) Cheese Onion Pasty R00613 Garden Peas R00092 Creamed Potatoes R00100 Vegetarian Gravy R00404	(V) Vegetable Lasagne R00051 Garlic Bread R00536 Mixed Salad R00328	(V) Quorn Sausages R00128 Roast Potatoes R00109 Sliced Green Beans R00086 Carrots R00085 Vegetarian Gravy R00404	(V) Vegetarian Chilli R00713 Steamed Rice R00104	(V) Quorn Dippers R00144 Jacket Wedges R00114 Garden Peas R00092

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 Sponge R00464 & Custard R00140	Crunchy Pudding & Custard R00478 R00140	Ginger Cake with Orange Frosting R00629	Eves Pudding & Custard R00048 R00140	Fruit Trifle R00420
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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.

Drinks

A selection of Mineral Water, Fruit Juice based drinks & Flavoured Milk is available on a daily basis.

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.

