

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
(V) Roasted Vegetable Tart R00053 New Potatoes R00525 Whole Green Beans R00087	Beef Casserole R00009 Creamed Potatoes R00100 Green Cabbage R00097	Lemon Pepper Haddock R00289 Creamed Potatoes R00100 Broccoli Cheese R00020	Sweet & Sour Pork with Oriental Vegetables R00041 Steamed Rice R00104	Lamb Rogan Josh R00542 Steamed Wholegrain Rice R00615 Naan Bread R00331
Cod in Parsley Sauce R00411 New Potatoes R00525 Whole Green Beans R00087	(V) Vegetable Spring Roll R00255 With Sweet Chilli Noodles R00157	Vegetable Cottage Pie R00047 Curly Kale R00614 Broccoli R00083	Mediterranean Stuffed Peppers R00397 Mixed Salad R00328 Crusty Bread R00550	(V) Pasta with Arrabiatta Sauce R00134 Mixed Salad R00328 Crusty Bread R00550
Chicken in Wholemeal Pasta with Tomato & Pesto Sauce R00617 Garlic Bread R00536 Mixed Salad R00328	Pork Meatballs In Tomato & Basil sauce R00125 Steamed Vegetable Rice R00274	Roast Turkey R00121 with Sage & Onion Stuffing R00522 Roast Potatoes R00109 Curly Kale R00614 Carrots R00085 Turkey Gravy R00440	Meat/Fish Pizza Selection R00168 Mixed Salad R00328 & Coleslaw R00106 or Baked Beans R00091	Cod Fish Fingers R00391 Jacket Wedges R00114 Garden Peas R00092
(V) Wholemeal Pasta with Tomato & Pesto Sauce R00275 Garlic Bread R00536 Mixed Salad R00328	(V) Quorn Meatballs In Tomato & Basil Sauce R100552 Steamed Vegetable Rice R00274	(V) Roast Quorn Fillet R00437 with Sage & Onion Stuffing R00522 Roast Potatoes R00109 Curly Kale R00614 Carrots R00085 Vegetarian Gravy R00404	(V) Vegetarian Pizza Selection R00139 Mixed Salad R00328 Coleslaw R00106 or Baked Beans R00091	Vegetable Fingers R00609 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				
Marble Sponge & Custard R00377	Caramel Tart with Cream R00335	Apple Crumble & Custard R00069	Strawberry Shortbread R00418	Ice Cream Roll R00557
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.				

