

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
Beef Balti R00007NL	Chicken Goujons R01354NL	Roast Turkey R00121NL	Pepperoni Pizza R02163NL	Fish Finger Bap R02231NL
Vegetarian Choice	Vegetarian Choice	Vegetarian Choice	Vegetarian Choice	Vegetarian Choice
Vegetable Samosa with Chilli Sauce (V) R00445NL	Quorn Southern Fried Nuggets (V) R001377NL	Roasted Vegetable Tart (V) R00053NL	Cheese & Tomato Pizza (V) R00139NL	(V) Broccoli & Cheese Pasta Bake R01403NL
Vegetables, Potatoes, and Sides	Vegetables, Potatoes, and Sides	Vegetables, Potatoes, and Sides	Vegetables, Potatoes, and Sides	Vegetables, Potatoes, and Sides
Wholegrain / White Rice R00535NL R02199NL Naan Bread R00331NL	Diced Potatoes R00532NL Peas R00092NL Sweetcorn R00096NL	Roast Potatoes R00109NL Cabbage R00097NL Carrots R00085NL Stuffing R00522NL Gravy R00569NL	Mixed Salad R00328NL Coleslaw R00106NL	Baked Beans R00091NL Mixed Salad R00328NL
Pasta Choice	Pasta Choice	Pasta Choice	Pasta Choice	Pasta Choice
(V) Tomato and Basil R02128NL	(V) Vegetable Bolognese Sauce	(V) Arabiatta R00134NL	(V) Wholewheat Tomato Garlic	(V) Red Onion & Sundried Tomato R00544NL
Potatoes, Sandwiches and Salad Options				
A selection of Jacket Potatoes with a variety of Fillings, Sandwiches/Rolls/ Baguettes/Pasta Pots & Salad Selection. Please see our separate menus for Allergen information.				
Dessert Choice				
Apple Flapjack R02169NL	Chocolate ice-cream Roll R00610NL	Blackberry & Apple Sponge R00371NL Custard R00140NL	Oaty Fruit Crunch R01448NL	Jam & Coconut Sponge R01453NL
Alternative Dessert Choices				
Selection of Fresh Fruit, Yoghurts, Strawberry & Orange Jelly, Choice of Cheesecakes, Lemon, or Fruit Jam Guilborough Marble Biscuits, Lemon Drizzle	Selection of Fresh Fruit, Yoghurts, Strawberry & Orange Jelly, Choice of Cheesecakes, Lemon, or Fruit Jam Nutty Slack Biscuit, Brownie	Selection of Fresh Fruit, Yoghurts, Strawberry & Orange Jelly, Choice of Cheesecakes, Lemon, or Fruit Jam Ginger Biscuit, Carrot Cake	Selection of Fresh Fruit, Yoghurts, Strawberry & Orange Jelly, Choice of Cheesecakes, Lemon, or Fruit Jam Cherry Flapjack Chocolate Sponge	Selection of Fresh Fruit, Yoghurts, Strawberry & Orange Jelly, Choice of Cheesecakes, Lemon, or Fruit Jam Marble Cake Rice Krispie cake
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. R00062NL) or a Chef Recipe Card for that item.				



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