

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
(H) Hunters Chicken R00632NL Diced Potatoes R00532NL Mixed Salad R00328NL	Minced Beef Lasagne R00127NL Garlic Bread R00536NL Sweetcorn R00096NL	(H) Jerk Chicken R00046NL Rice R00104NL Mixed Salad R00328NL Coleslaw R00106NL	Pork Sausage R00259NL Mashed Potatoes R00100NL Carrots R00085NL Gravy R00569NL	Breaded Haddock R00651NL Jacket Wedges R00114NL Garden Peas R00092NL
Vegetarian Choice	Vegetarian Choice	Vegetarian Choice	Vegetarian Choice	Vegetarian Choice
(V) Southern Fried Quorn Nuggets R01377NL Diced Potatoes R00532NL Mixed Salad R00328NL	(V) Vegetable Lasagne R00051NL Garlic Bread R00536NL Sweetcorn R00096NL	(V) Sweet & Sour Quorn with Vegetables in Sweet & Sour Sauce R00039NL Rice R00104NL	(V) Cheese & Onion Slice R01435NL Mashed Potatoes R00100NL Baked Beans R00091NL	(V) Vegetable Burrito R00235NL Jacket Wedges R00114NL Garden Peas R00092NL
Pasta Choice	Pasta Choice	Pasta Choice	Pasta Choice	Pasta Choice
(V) Pasta Provençale R00179NL Crusty Bread R00550NL Mixed Salad R00328NL	(V) Pasta in a Arriabatta Sauce R00134NL Crusty Bread R00550NL Mixed Salad R00328NL	(V) Pasta in a Tomato and Basil Sauce R00252NL Crusty Bread R00550NL Mixed Salad R00328NL	(V) Pasta in a Tomato & Pesto Sauce R00641NL Crusty Bread R00550NL Mixed Salad R00328NL	(V) Macaroni Cheese R00503NL Crusty Bread R00550NL Mixed Salad R00328NL
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				
Vanilla Sponge R00664NL Custard R00140NL	Oat & Raisin Cookie R01316NL	Vanilla & Chocolate Ice Cream Cones R00501NL	Apple Crumble R01437NL with Custard R00140NL	Fruit Carrot Cake with Cream Cheese Topping R02122NL
Fruit Selection R02195NL Yoghurt Selection R01434NL Cheese & Biscuits R02116NL	Fruit Selection R02195NL Yoghurt Selection R01434NL Cheese & Biscuits R02116NL	Fruit Selection R02195NL Yoghurt Selection R01434NL Cheese & Biscuits R02116NL	Fruit Selection R02195NL Yoghurt Selection R01434NL Cheese & Biscuits R02116NL	Fruit Selection R02195NL Yoghurt Selection R01434NL Cheese & Biscuits R02116NL
A Selection of 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.				

