

# Greenwood Academies Trust Secondary Menu

Monday Week 3	Tuesday Week 3	Wednesday Week 3	Thursday Week 3	Friday Week 3
<b>Main Meal Choice</b>	<b>Main Meal Choice</b>	<b>Main Meal Choice</b>	<b>Main Meal Choice</b>	<b>Main Meal Choice</b>
Sweet & Sour Chicken & Oriental Vegetable R00102NL  Wholemeal Rice R00535NL	Mince Beef Bolognese R00127NL  Spaghetti R01261NL  Garlic Bread R0053NL	Gammon Steak R00307NL Jacket Potato R00141NL With Baked Beans R00661NL Or Coleslaw R00106NL	Pepperoni Pizza R02163NL Mixed Salad R00328NL Caesar Pasta Salad R00373NL Vinaigrette Rice Salad R02271NL	Cod Fish Fingers R00391NL  Mashed Potato R00100NL  Garden Peas R00092NL
<b>Vegetarian Choice</b>	<b>Vegetarian Choice</b>	<b>Vegetarian Choice</b>	<b>Vegetarian Choice</b>	<b>Vegetarian Choice</b>
Vegetable Burrito R00235NL Wholemeal Rice R00535NL Corn on the Cob R00089NL	Quorn Mince Cottage Pie R01363NL Green Beans R00087NL Carrots R00085NL	Vegan Sausage Rolls R01506NLV Jacket Potato R00141NL With Baked Beans R00661NL Or Coleslaw R00106NL	(V) Cheese & Tomato Pizza R00139NL Mixed Salad R00328NL Caesar Pasta Salad R00373NL Vinaigrette Rice Salad R02271NL	(V) Vegetable Spring Rolls R00255NL  Sweet Chilli Noodles with Yellow Peppers & Broccoli R00157NL
<b>Grab &amp; Go</b>	<b>Grab &amp; Go</b>	<b>Grab &amp; Go</b>	<b>Grab &amp; Go</b>	<b>Grab &amp; Go</b>
(V) Cheese & Tomato Baguette R01088NL  Ham & Cheese Baguette R01207NL	(V) Cheese & Tomato Baguette R01088NL  Ham & Cheese Baguette R01207NL	(V) Cheese & Tomato Baguette R01088NL  Ham & Cheese Baguette R01207NL	(V) Cheese & Tomato Baguette R01088NL  Ham & Cheese Baguette R01207NL	(V) Cheese & Tomato Baguette R01088NL  Ham & Cheese Baguette R01207NL
(V) Pasta in Tomato & Garlic sauce R01691NL	Tuna Mayo Salad Box R01356NL	(V) Pasta Arrabiatta R00134NL	(V) Pasta in Tomato & Oregano sauce R02164NL	Roast Ham Salad Box R01355NL
<b>Potatoes, Sandwiches and Salad Options</b>				
<b>A selection of Jacket Potatoes with a variety of Fillings, Sandwiches/Rolls/ Baguettes/Pasta Pots &amp; Salad Selection.</b> Please see our separate menus for <b>Allergen</b> information.				
<b>Dessert Choice</b>				
Jam & Coconut Sponge R01453NL Custard R00140NL	Chocolate Brownie R00633NL	Strawberry Shortcake R00418NL	Spiced Apple Cake R01383NL Custard R00140NL	Fresh Fruit Salad R01263NL
<b>Alternative Dessert Options</b>				
Ginger & Oat Cookies R01300NL Lemon Muffins/Cupcakes R01313NL Fruit Selection R02195NL Yoghurt Selection R01434NL	Cherry Cookies R01312NL Chocolate Krispi Cakes R01282NL Fruit Selection R02195NL Yoghurt Selection R01434NL	Shortbread R00417NL Gingerbread Shape R00590NL Fruit Selection R02195NL Yoghurt Selection R01434NL	Cathy's Chocolate Cookies R01311NL Flapjack R02258NL Fruit Selection R02195NL Yoghurt Selection R01434NL	Chocolate Krispi Cakes R01282NL Gingerbread Shape R00590NL Fruit Selection R02195NL Yoghurt Selection R01434NL
<b>Allergen Information</b>				
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.				

