

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
Cajun Chicken Wrap with Vegetable Rice R00474NL	Pepperoni Pizza R02163NL Served with Plated Salad R00328NL & Coleslaw R00106NL	Roast Chicken R01526NL with Stuffing R001522NL, Roast Potatoes R00100NL, Mixed Vegetables R00086NL & Gravy R00086NL	Beef Bolognaise R00127NL & Spaghetti R01261NL Served with Salad R00328NL & Crusty Bread R01453NL	Breaded Cod R00269NL with Oven Chips R02272NL & Baked Beans R00092NL
Vegetarian Choice	Vegetarian Choice	Vegetarian Choice	Vegetarian Choice	Vegetarian Choice
(V) Quorn Mince Pasty R02203NL with New Potatoes R00525NL, Broccoli R00083NL & Gravy R00569NL	(v) Cheese Pizza R00139NL Served with Plated Salad R00328NL & Coleslaw R00106NL	(V) 2 Vegan Sausage R00128NL with Roast Potatoes R00539NL , Mixed Vegetables R00086NL & Gravy R00086NL	(V) Stir Fry Vegetables in Sweet Chili Sauce R02183NL Prawn Crackers	(v) Quorn Sothorn Nuggets R01377NL with Oven Chips R02272NL & Garden Peas R00092NL
Grab & Go	Grab & Go	Grab & Go	Grab & Go	Grab & Go
(V) Tomato & Basil Pasta R00252NL Ham & Cheese R02171NL or Cheese & Tomato R00477NL	(V) Tomato & Garlic Pasta R00252NL Breaded Chicken Goujons R01354NL with sweet chilli Noodles R01402NL	(V) Macaroni Cheese R00252NL Vegetable Samosa R00445NL with Vegetable Rice R00474NL	(V) Tomato & Oregano Pasta R01164NL Beef Meatballs with Tomato Pasta R001421NL	(V) Tomato & Pesto Pasta R00461NL Sausage Roll R00389nl & Wedges R00114NL



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turnovers with Chips R02272NL				
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 R02257NL Served with Cream R00414NL	Sticky Toffee Pudding R01400NL & Custard R00140NL	Carrot Cake R02122NL	Chocolate Sponge & Chocolate Sauce R00325NL	Strawberry Mousse R00757NL
Alternative Dessert Options				
Selection of Plain, Chocolate, Cherry, Ginger and Oat Cookies and Muffins	Selection of Plain, Chocolate, Cherry, Ginger and Oat Cookies and Muffins	Selection of Plain, Chocolate, Cherry, Ginger and Oat Cookies and Muffins	Selection of Plain, Chocolate, Cherry, Ginger and Oat Cookies and Muffins	Selection of Plain, Chocolate, Cherry, Ginger and Oat Cookies and Muffins
Fruit Selection	Fruit Selection	Fruit Selection	Fruit Selection	Fruit Selection
Yoghurt Selection	Yoghurt Selection	Yoghurt Selection	Yoghurt Selection	Yoghurt Selection
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. R00062NL) or a Chef Recipe Card for that item.				

