

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
Chicken Tikka Masala R00143NL Or lamb Balti R00278NL served with Wholegrain R00535NL or Steamed White Rice R0027NL	Beef Burrito R01405NL Served with Cajun Wedges R00114NL BBQ Beans	Pasta Bar Get your Pasta and choose what sauce to have from Cheese R0003NL Carbonara R02285NL Tomato R0005NL Served with Garlic Bread R0053NL & Caesar Salad R00373NL	Quarter pounder Beef Burger R00783NL Served with new potatoes R00525NL & Baked Beans R00091NL	Breaded Cod R00269NL with Oven Chips R02272NL & Garden Peas R00092NL
Vegetarian Choice	Vegetarian Choice	Vegetarian Choice	Vegetarian Choice	Vegetarian Choice
(v) Sweet Potato, Chickpea & Spinach Balti R00031NL Served with Wholegrain Rice R00535NL	(v) Vegetable Spring Roll R00255NL Served with Sweet Chilli Noodles with Yellow Pepper & Broccoli R01402NL	(v) Cheese & Onion Pasty R00613NL Served with Green Beans R00087NL, Mashed Potatoes R0100NL & Gravy R00569NL	(v) Non-Chicken Burger R00587NL served with New Potatoes R00525NL & Baked Beans R00091NL	(v) Vegetable Fingers R0069NL Served with Oven Chips R02272NL & Peas R0092NL
Grab & Go	Grab & Go	Grab & Go	Grab & Go	Grab & Go



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(V) Tomato & Basil Pasta R00252NL Ham & Cheese R02171NL or Cheese & Tomato R00477NL turnovers with Chips R02272NL	(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
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				
Lemon Drizzle R00333NL Cake with Cream R00414NL	Jam & Coconut Sponge R01453NL with Custard R00140NL	Chocolate Cake with Chocolate Frosting R00630NL	Eves Pudding R00048NL Served with Custard R00140NL	Raspberry Ice Cream Roll R00557NL
Alternative Dessert Options				
Selection of Plain, Chocolate, Cherry, Ginger and Oat Cookies and Muffins Fruit Selection Yoghurt Selection	Selection of Plain, Chocolate, Cherry, Ginger and Oat Cookies and Muffins Fruit Selection Yoghurt Selection	Selection of Plain, Chocolate, Cherry, Ginger and Oat Cookies and Muffins Fruit Selection Yoghurt Selection	Selection of Plain, Chocolate, Cherry, Ginger and Oat Cookies and Muffins Fruit Selection Yoghurt Selection	Selection of Plain, Chocolate, Cherry, Ginger and Oat Cookies and Muffins Fruit Selection Yoghurt Selection
Please see our separate Cake menu for Allergen information. All menu items are subject to availability.				
Allergen Information				



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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.

