

# Greenwood Academies Trust Secondary Menu Week 1

Monday	Tuesday	Wednesday	Thursday	Friday
<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>
Pork Sausage R00259N Mashed Potatoes R00100NL & Sweetcorn R00096NL	(H) Chilli Con Carne R02282NL 50/50 Rice R02199NL Nachos & Cheese	Roast Chicken Roast R00264NL Potatoes, Broccoli, Carrots Cauliflower R01401NL & Gravy R00569NL	(H) Lamb Burger in a Bun R00773NL Jacket Wedges R00114NL & Baked Beans R00091NL	Fish Goujon Wrap R0016NL Mixed Salad R00114NL & Coleslaw R00106NL
<b>Vegetarian Choice</b>	<b>Vegetarian Choice</b>	<b>Vegetarian Choice</b>	<b>Vegetarian Choice</b>	<b>Vegetarian Choice</b>
(V) Vegetarian Sausage R01418NL Mashed Potatoes R00100NL Sweetcorn R00096NL & Gravy R00569NL	(V) Vegetarian Chilli R01368NL 50/50 Rice R02199NL Nachos & Cheese	(V) Roast Quorn Fillet R00437NL Roast Potatoes, Broccoli, Carrots Cauliflower R01401NL & Gravy R00569NL	(V) Cheese & Onion Slice R00626NL Jacket Wedges R00114NL & Baked Beans R00091NL	(V) Quorn Dipper Wrap R00649NL Mixed Salad R00114NL & Coleslaw R00106NL
<b>Pasta Choice</b>	<b>Pasta Choice</b>	<b>Pasta Choice</b>	<b>Pasta Choice</b>	<b>Pasta Choice</b>
(V) Tomato Pasta Bake R02282NL with Salad R00328NL & Crusty Bread R01433NL	(V) Cheese Pasta Bake R02185NL with Salad R00328NL & Crusty Bread R01433NL	(V) Pasta Arrabbiata R00134NL with Salad R00328NL & Crusty Bread R01433NL	(V) Pasta Bolognese R00135NL with Salad R00328NL & Crusty Bread R01433NL	(V) Roast Vegetable Pasta R00808NL with Salad R00114NL & Crusty Bread R00106NL
<b>Sandwiches and Salad Options</b>				
<b>Sandwiches, Rolls, Paninis, Baguettes/Pasta Pots &amp; Salad Selection.</b> Please see sandwich/salad labels for <b>Allergen</b> information in <b>BOLD</b> type.				
<b>Jacket Potatoes</b>				
<b>A selection of Jacket Potatoes with a variety of Fillings, please ask for today's choices.</b>				
<b>Dessert Choice</b> Includes Selection of Fresh Fruit, Yoghurt, Cakes, and Cookies				
Homemade Gingerbread Cookie R00590	Fruit Muffin R00564NL	Fresh Fruit Salad R01263NL & Ice Cream R02267NL	Chocolate Brownie R00633NL	Ice Cream Cones R00501NL
<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.				

