

Greenwood Academies Trust Secondary Menu Week 3

Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal Choice	Main Meal Choice	Main Meal Choice	Main Meal Choice	Main Meal Choice
(H) Beef Burger R00290NL in a Bun R00541NL Diced Potatoes R00532NL & Baked Beans R00091NL	(H) Chicken Curry R00108NL 50/50 Rice R02199NL & Naan Bread R00331NL	Roast Beef R00406NL Yorkshire Pudding R00539NL Roast Potatoes R00109NL Carrots R00085NL Broccoli R00083NL & Gravy R00569NL	Ham and Cheese Pizza R00168NL Jacket Wedges R00114NL & Mixed Salad R00328NL	Fish Finger Wrap R02202NL Corn in the Cob R00089NL & Mixed Salad R00328NL
Vegetarian Choice	Vegetarian Choice	Vegetarian Choice	Vegetarian Choice	Vegetarian Choice
(V) Vegetable Burger R00105NL in a Bun R00541NL Diced Potatoes R00532NL & Baked Beans R00091NL	(V) Vegetable Curry R00049NL & Samosas R00445NL served with Rice R00104NL	(V) Roast Quorn Fillet R00437NL Roast Potatoes R00109NL Carrots R00085NL Broccoli R00083NL & Gravy R00569NL	(V) Cheese & Tomato Pizza R00139NL Jacket Wedges R00114NL & Baked Beans R00091NL	(V) Quorn Fishless Finger Wrap R02217NL Corn on the Cob R00089NL & Mixed Salad R00328NL
Pasta Choice	Pasta Choice	Pasta Choice	Pasta Choice	Pasta Choice
(V) Tomato Pasta Bake R02282NL Mixed Salad R00328NL & Crusty Bread R01433NL	(V) Pasta Arrabiata R00134NL Mixed Salad R00328NL & Crusty Bread R01433NL	(V) Cheesy Pasta R02185NL Mixed Salad R00328NL & Crusty Bread R01433NL	(V) (Ve) Vegan Mince Bolognese R01507NL Mixed Salad R00328NL & Crusty Bread R01433NL	(V) Pasta Provençale R00179NL Mixed Salad R00328NL & Crusty Bread R01433NL

Potatoes, Sandwiches and Salad Options

A selection of Jacket Potatoes with a variety of Fillings, Sandwiches, Rolls, Paninis, Baguettes/Pasta Pots & Salad Selection.

Please see sandwich/salad labels for Allergen information.

Jacket Potatoes

A selection of Jacket Potatoes with a variety of Fillings, please ask for today's choices.

Dessert Choice

Selection of Fresh Fruit, Yoghurt, Cakes and Cookies

Banana Cake R00017NL & Custard R00140NL	Chocolate Cornflake Cookie R00033NL	Fruit Flapjack R02169NL	Jam Sponge R00530NL & Custard R00140NL	Carrot Cake R00421NL
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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.

