



























































# 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			
Chicken & Mushroom Pie  Country Vegetable Mix, New Potatoes, Gravy 	Gammon Steak & Pineapple Slice  ½ Baked Potato  Whole Green Beans	Roast Turkey  with Stuffing  Roast Potatoes, Cabbage, Carrots, Gravy 	Meat/Fish Pizza Selection  Mixed Salad & Coleslaw  or Baked Beans	Cottage Pie  Sweetcorn Broccoli, Gravy 			
Beef Rogan Josh   Steamed Vegetable Rice	Chargrilled Chicken Wrap   Mixed Salad	Haddock in Parsley Sauce  Creamed Potatoes  Carrots 	Pork & Oriental Vegetables in Sweet Chilli sauce   Noodles 	Jerk Chicken   Steamed Rice Peas			
(V) Bean & Vegetable Bake  New Potatoes Garden Peas Gravy 	(V) Vegetarian Sausage  in a Hot Dog Roll  Mixed Salad	(V) Cajun Quorn Fillet  Roast Potatoes Cabbage, Carrots, Gravy 	(V) Vegetarian Pizza Selection  Mixed Salad & Coleslaw  or Baked Beans	(V) Quorn Meatballs  Pasta or Rice  Garlic Bread, Sweetcorn 			
(V) Pasta  in Homemade Arrabiatta Sauce  Mixed Salad	(V) Pasta  in a Creamy Mushroom & Pepper Sauce 	(V) Vegetable Wholemeal Pasta  Crusty Bread and  Mixed Salad	(V) Pasta  in Homemade Tomato & Basil Sauce  Mixed Salad	(V) Pasta  in Homemade Bolognese Sauce  Mixed Salad			
<b>Potatoes, Sandwiches and Salad Options</b>							
<b>A selection of Jacket Potato with a variety of fillings, Sandwich/Roll/ Baguette/Pasta Pot &amp; Salad Selection.</b> Please see our separate menus for <b>Allergen</b> information.							
<b>Dessert Choice</b>							
Eve's Pudding 	Strawberry Shortbread 	Banana Sponge 	Marble Sponge 	Fruit Jelly (V)			
A Selection of Cakes, Fresh Fruit, and Yoghurt  & Fruit Pots are available as an alternative to Dessert. Custard  is served with desserts as appropriate. Please see our separate cake menu for <b>Allergen</b> information. All menu items are subject to availability.							
<b>Drinks</b>							
<b>A selection of Mineral Water, Fruit Juice based drinks &amp; Flavoured Milk  is available on a daily basis.</b>							
<b>Allergen Symbols Key</b>	 Gluten	 Milk	 Eggs	 Sulphites	 Mustard	 Peanuts	 Soya
	 Fish	 Lupin	 Crustaceans	 Molluscs	 Nuts	 Sesame Oil	 Celery