

Greenwood Academies Trust Secondary Menu

| Monday Week 4 | Tuesday Week 4 | Wednesday Week 4 | Thursday Week 4 | Friday Week 4 |
|---|--|--|--|--|
| Main Meal Choice | Main Meal Choice | Main Meal Choice | Main Meal Choice | Main Meal Choice |
| Vegan Vegetable Burger | Minced Beef Bolognese | Roast Chicken | Sweet & Sour Pork | Tuna Pasta Bake |
| Hunters Chicken with Roasted New Potatoes and Sweetcorn | Vegetable Samosas with Steamed Rice with Mild Curry Sauce Dip | Lamb Balti with Steamed Rice | Selection of Filled Paninis | Lamb Moussaka with Salad |
| Vegetarian Choice | Vegetarian Choice | Vegetarian Choice | Vegetarian Choice | Vegetarian Choice |
| (V) Cheese & Onion Whirls with | (V) Vegetable Biryani | (V) Roast Vegan Quorn Fillet | (V) Sweet & Sour Vegetables | (V) Meat Free Vegan Balls in Tomato and Basil Sauce with Rice |
| Vegetables, Potatoes, and Sides | Vegetables, Potatoes, and Sides | Vegetables, Potatoes, and Sides | Vegetables, Potatoes, and Sides | Vegetables, Potatoes, and Sides |
| ½ Baked Potato & Baked Beans | Pasta Shapes & Garlic Bread | Roast Potatoes Savoy Cabbage Carrots & Gravy | Vegetable Rice | Crusty Bread & Sweetcorn |
| Pasta Choice | Pasta Choice | Pasta Choice | Pasta Choice | Pasta Choice |
| (V) Pasta Arrabiatta | (V) Vegan Mince Bolognese | (V) Pasta Provençale | (V) Pasta in a Chunky Vegetable Sauce | (V) Macaroni Cheese |
| 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 | | | | |
| Flapjack | Fruit Muffin | Fresh Fruit Salad with Ice Cream | Jam Tart with Custard | Ice Cream Cones |
| Alternative Dessert Choices | | | | |
| Cheese and Crackers, Selection of daily Baked Cakes, Yoghurts, Fruit Pots, and Fresh Fruit | Cheese and Crackers, Selection of daily Baked Cakes, Yoghurts, Fruit Pots, and Fresh Fruit | Cheese and Crackers, Selection of daily Baked Cakes, Yoghurts, Fruit Pots, and Fresh Fruit | Cheese and Crackers, Selection of daily Baked Cakes, Yoghurts, Fruit Pots, and Fresh Fruit | Cheese and Crackers, Selection of daily Baked Cakes, Yoghurts, Fruit Pots, and Fresh fruit |
| 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. | | | | |

