

Greenwood Academies Trust Secondary Menu

Monday Week 5	Tuesday Week 5	Wednesday Week 5	Thursday Week 5	Friday Week 5
Main Meal Choice	Main Meal Choice	Main Meal Choice	Main Meal Choice	Main Meal Choice
Breaded Chicken Burger	Vegetarian Quiche	Pork Meatballs in Tomato Sauce	Beef Lasagne	Breaded Fish Stars
Pulled Pork Wrap with Coleslaw and Mixed Salad	Lamb Rogan Josh with Steamed Rice	Chicken and Mushroom Pie with New Potatoes and Broccoli Mix	Spring Rolls with Vegetable Noodles and Sweet Chilli Sauce	Mediterranean Chicken with Seasoned Rice
Vegetarian Choice	Vegetarian Choice	Vegetarian Choice	Vegetarian Choice	Vegetarian Choice
(V) Vegan Quorn Dippers	(V) Vegetable Nugget Wrap	(V) Quorn Meatballs in Tomato Sauce	(V) Curried Vegetable Parcels with Diced Potatoes and Mixed Salad	(V) Vegetable Fingers
Vegetables, Potatoes, and Sides	Vegetables, Potatoes, and Sides	Vegetables, Potatoes, and Sides	Vegetables, Potatoes, and Sides	Vegetables, Potatoes, and Sides
Mashed Potatoes & Baked Beans	½ Jacket Potato & Mixed Salad	Vegetable Rice	Diced Potatoes & Mixed Salad	Mashed Potatoes & Garden Peas
Pasta Choice	Pasta Choice	Pasta Choice	Pasta Choice	Pasta Choice
(V) Pasta in Chunky Vegetable Sauce	(V) Pasta Arrabiatta	(V) Pasta in Tomato Sauce	(V) Vegetable Lasagne	(V) Pasta in Tomato and Basil Sauce
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				
Chocolate Ice Cream Roll	Fruit Cookie	Syrup Sponge with Custard	Fruit Jelly with Cream	Apple Cake
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.				

