




































# Greenwood Academies Trust Secondary Menu

Monday Week 3	Tuesday Week 3	Wednesday Week 3	Thursday Week 3	Friday Week 3			
<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>			
<b>Beef &amp; Vegetable Pasty</b> 	<b>Breaded Haddock</b> 	<b>Roast Pork</b>	<b>One- pot Chicken Cajun</b>	<b>Fish Square</b> 			
<b>Chicken Tikka &amp; Rice</b> 	<b>Beef Lasagne</b> 	<b>Roasted Quorn Sausage</b> 	<b>Sweet Chilli meat Stir Fry</b> 	<b>Quorn Dippers</b> 			
<b>Cheese &amp; Onion Pasty</b> 	<b>Vegetable Lasagne</b> 	<b>Chinese Chicken Curry &amp; Rice</b> 	<b>Cajun Quorn</b> 	<b>Pasta Arabiatta</b> 			
<b>Ham/Leek &amp; Mushroom Pasta Bake</b> 	<b>Chicken in a creamy Tomato Sauce</b> 	<b>Tomato and Basil Pasta</b> 	<b>Cheesy Pasta Bake</b> 	<b>Chicken Fajita's</b> 			
<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>							
A Selection of Cakes, Fresh Fruit, 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

