

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
Mild Chicken Curry R00108NL Steamed Vegetable Rice R00274NL Naan Bread R00331NL	Minced Beef Lasagne R00127NL Crusty Bread R00550NL Mixed Salad R00328NL	Roast Gammon R01371NL Mashed Potatoes R00100NL Carrots R00085NL Gravy R00569NL	Beef Burger R00276NL Unseeded Bun R00541NL Jacket Wedges R00114NL Baked Beans R00091NL	Fish Cake R00439NL Diced Potatoes R00532NL Garden Peas & Sweetcorn R00103NL
Main Meal Choice	Main Meal Choice	Main Meal Choice	Main Meal Choice	Main Meal Choice
Pork Sausage R00259NL Hash Brown R02135NL Baked Beans R00091NL	Turkey Milanese R00587NL Jacket Potato R00141NL Coleslaw R00106NL Corn on the Cob R00089NL	Cod in a Parsley sauce R00411NL Mashed Potatoes R00100NL Carrots R00085NL	Creamy Garlic Chicken Breast R01326NL Jacket Wedges R00114NL Garden Peas R00092NL	Mince Lamb Kofta Kebab Served on a Wrap R02272NL Turkish Salad R02274NL Steamed Rice R00274NL
Vegetarian Choice	Vegetarian Choice	Vegetarian Choice	Vegetarian Choice	Vegetarian Choice
(V) Sweet Potato & Chickpea Balti R00031NL Steamed Vegetable Rice R00274NL Naan Bread R00331NL	(V) No Meat Chicken Burger R00587NL Jacket Potato R00141NL Coleslaw R00106NL Corn on the Cob R00089NL	(V) Vegan Quorn Sausage R00128NL Mashed Potatoes R00100NL Carrots R00085NL Gravy R00569NL	(V) Cheese & Onion Quiche R00427NL Jacket Wedges R00114NL Baked Beans R00091NL	(V) Vegetable Fajita's R01365NL Steamed Rice R00274NL Mixed Salad R00328NL
Pasta Choice	Pasta Choice	Pasta Choice	Pasta Choice	Pasta Choice
(V) Tomato and Basil Pasta R00252NL Crusty Bread R00550NL Mixed Salad R00328NL	(V) Vegetarian Mince Lasagne R01430NL Crusty Bread R00550NL Mixed Salad R00328NL	(V) Tomato and Pesto Pasta R00641NL Crusty Bread R00550NL Mixed Salad R00328NL	(V) Pasta in a Cajun Sauce R02283NL Crusty Bread R00550NL Mixed Salad R00328NL	(V) Vegetable & Tomato Pasta Bake R00527NL Crusty Bread R00550NL Mixed Salad R00328NL
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				
Frozen Yoghurt R00118NL	Jam Sponge R00530NL Custard R00140NL	Summer Fruit Muffin R00640NL	Apple Flapjack R02169NL	Banana Sponge R00017NL Custard R00140NL
Fruit Selection R02195NL Yoghurt Selection R01434NL Cheese & Biscuits R02116NL	Fruit Selection R02195NL Yoghurt Selection R01434NL Cheese & Biscuits R02116NL	Fruit Selection R02195NL Yoghurt Selection R01434NL Cheese & Biscuits R02116NL	Fruit Selection R02195NL Yoghurt Selection R01434NL Cheese & Biscuits R02116NL	Fruit Selection R02195NL Yoghurt Selection R01434NL Cheese & Biscuits R02116NL
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.				



Greenwood Academies Trust Secondary Menu

Monday Week 2	Tuesday Week 2	Wednesday Week 2	Thursday Week 2	Friday Week 2
Main Meal Choice	Main Meal Choice	Main Meal Choice	Main Meal Choice	Main Meal Choice
Breaded Chicken Goujon Wrap R00632NL Diced Potatoes R00089NL Corn on the Cob R00089NL Mixed Salad R00328NL	Pork & Potato Pie R00075NL Mashed Potatoes R00100NL Broccoli, Cauliflower, Carrots R01401NL Gravy R00569NL	Roast Chicken R00264NL Roast Potatoes R00109NL Carrots R00085NL Green Beans R00087NL Gravy R00569NL	Beef Meatballs in Tomato & Basil Sauce R01421NL Pasta R00531NL Garlic Bread R00536NL Mixed Salad R00328NL	Fish Fillet Fingers R01402NL Jacket Wedges R00114NL Garden Peas R00092NL
Main Meal Choice	Main Meal Choice	Main Meal Choice	Main Meal Choice	Main Meal Choice
Beef Chilli Burrito R01405NL Corn on the Cob R00089NL Mixed Salad R00328NL	(V) Vegetable Spring Rolls R00255NL Sweet & Sour Noodles with Yellow Peppers & Broccoli R02276NL	Lamb Rogan Josh R00542NL Steamed Vegetable Rice R00274NL Naan Bread R00331NL	Fajita spiced Turkey R00532NL Diced Potatoes R00532NL Sweetcorn R00096NL Mixed Salad R00328NL	Cajun Pork Steak R00455NL Jacket Wedges R00114NL Garden Peas R00092NL
Vegetarian Choice	Vegetarian Choice	Vegetarian Choice	Vegetarian Choice	Vegetarian Choice
(V) Vegetable Nugget Wrap R01476NL Corn on the Cob R00089NL Mixed Salad R00328NL	(V) Creamy Vegetable Slice R01414NL Mashed Potatoes R00100NL Broccoli, Cauliflower, Carrots R01401NL Gravy R00569NL	(V) Vegan Quorn Fillet R00437NL Roast Potatoes R00109NL Carrots R00085NL Green Beans R00087NL Gravy R00569NL	(V) Vegetable Curry R01504NLDF Steamed Vegetable Rice R00274NL Naan Bread R00331NL	(V) Fishless Fingers R02269NL Jacket Wedges R00114NL Garden Peas R00092NL
Pasta Choice	Pasta Choice	Pasta Choice	Pasta Choice	Pasta Choice
(V) Pasta Bolognese R01265NL Crusty Bread R00550NL Mixed Salad R00328NL	(V) Pasta in Tomato & Red Pesto R02284NL Crusty Bread R00550NL Mixed Salad R00328NL	(V) Pasta Carbonara R02285NL Crusty Bread R00550NL Mixed Salad R00328NL	(V) Tomato and Basil Pasta R00252NL Garlic Bread R00536NL Mixed Salad R00328NL	(V) Creamy Tomato Pasta R01328NL Crusty Bread R00550NL Mixed Salad R00328NL
Potatoes, Sandwiches and Salad Options				
A selection of Jacket Potatoes with a variety of Fillings, Sandwiches/Rolls/ Baguettes/Pasta Pots & Salad Selection.				
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Dessert Choice				
Raspberry & Vanilla Ice Cream Roll R00557NL	Apple Crumble with Cream R00069NL	Peach Shortbread R01248NL	Chocolate Sponge with Chocolate Sauce R00325NL	Lemon Cupcakes R01313NL
Fruit Selection R02195NL Yoghurt Selection R01434NL Cheese & Biscuits R02116NL	Fruit Selection R02195NL Yoghurt Selection R01434NL Cheese & Biscuits R02116NL	Fruit Selection R02195NL Yoghurt Selection R01434NL Cheese & Biscuits R02116NL	Fruit Selection R02195NL Yoghurt Selection R01434NL Cheese & Biscuits R02116NL	Fruit Selection R02195NL Yoghurt Selection R01434NL Cheese & Biscuits R02116NL
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Greenwood Academies Trust Secondary Menu

Monday Week 3	Tuesday Week 3	Wednesday Week 3	Thursday Week 3	Friday Week 3
Main Meal Choice	Main Meal Choice	Main Meal Choice	Main Meal Choice	Main Meal Choice
Chicken Burger R02093NL Unseeded Bun R00541NL Diced Potatoes R00532NL Mixed Salad R00328NL	Ham and Cheese Pizza R00168NL Jacket Wedges R00114NL Baked Beans R00091NL	Roast Pork R00120NL Stuffing R00522NL Roast Potatoes R00109NL Carrots R00085NL Green Beans R00087NL Gravy R00569NL	Minced Beef Bolognese R00038NL Pasta R00531NL Garlic Bread R00536NL Mixed Salad R00328NL	Bubble Fish R01398NL Mashed Potatoes R00100NL Garden Peas R00092NL
Main Meal Choice	Main Meal Choice	Main Meal Choice	Main Meal Choice	Main Meal Choice
Beef & Mushroom Pie R00008NL Diced Potatoes R00532NL Garden Peas R00092NL Gravy R00569NL	Turkey in Black Bean Sauce R02277NL Steamed Vegetable Rice R00274NL	Fish Pie R00050NL Broccoli R00083NL	Cajun Chicken Wrap R00352NL Sweetcorn R00096NL	Shepherd's Pie R00035NL Mashed Potatoes R00100NL Broccoli R00083NL
Vegetarian Choice	Vegetarian Choice	Vegetarian Choice	Vegetarian Choice	Vegetarian Choice
(V) Vegetarian Burger R01373NL Unseeded Bun R00541NL Diced Potatoes R00532NL Mixed Salad R00328NL	(V) Cheese and Tomato Pizza R00139NL Jacket Wedges R00114NL Baked Beans R00091NL	(V) Vegetarian Sausages R00645NL Roast Potatoes R00109NL Carrots R00085NL Green Beans R00087NL Gravy R00569NL	(V) Vegan Sausage Roll R01506NL New Potatoes R00525NL Sweetcorn R00096NL Gravy R00569NL	(V) Quorn Southern Fried Nuggets R01377NL Mashed Potatoes R00100NL Garden Peas R00092NL
Pasta Choice	Pasta Choice	Pasta Choice	Pasta Choice	Pasta Choice
(V) Tomato and Basil Pasta R00252NL Crusty Bread R00550NL Mixed Salad R00328NL	(V) Macaroni Cheese R00503NL Crusty Bread R00550NL Mixed Salad R00328NL	(V) Green Pesto & Tomato Pasta R00???NL Crusty Bread R00550NL Mixed Salad R00328NL	(V) Vegan Mince Bolognese Pasta R01413NL Garlic Bread R00536NL Mixed Salad R00328NL	(V) Pasta Arrabiatta R00134NL Crusty Bread R00550NL Mixed Salad R00328NL
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				
Blueberry Muffin R00707NL	Carrot Cake R02122NL	Cherry Cookie R00667NL	Vanilla Sponge R00644NL Custard R00140NL	Orange Jelly R02248NL
Fruit Selection R02195NL Yoghurt Selection R01434NL Cheese & Biscuits R02116NL	Fruit Selection R02195NL Yoghurt Selection R01434NL Cheese & Biscuits R02116NL	Fruit Selection R02195NL Yoghurt Selection R01434NL Cheese & Biscuits R02116NL	Fruit Selection R02195NL Yoghurt Selection R01434NL Cheese & Biscuits R02116NL	Fruit Selection R02195NL Yoghurt Selection R01434NL Cheese & Biscuits R02116NL
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