



























































Week 3		Monday	Tuesday	Wednesday	Thursday	Friday
<p>Choose</p> <p>1</p> <p>from the red section</p>	<p>Main Meal</p> <p>Breaded Chicken </p> <p>Meat Free Chicken Burger </p> <p>Jacket Potato </p>	<p>Pasta with Tomato and Basil Sauce </p> <p>Macaroni Cheese </p> <p>Jacket Potato </p>	<p>Roast Chicken </p> <p>Roasted Quorn Fillet </p> <p>Jacket Potato </p>	<p>Beef Chilli Con Carne </p> <p>Meat Free Chilli Con Carne </p> <p>Jacket Potato </p>	<p>Breaded Haddock </p> <p>Vegetable Nuggets </p> <p>Jacket Potato </p>	
	<p>Sandwiches</p> <p>Cheese </p> <p>Tuna Mayo & Cucumber </p>	<p>Ham </p> <p>Cheese </p>	<p>Jam </p> <p>Cheese </p>	<p>Cheese </p> <p>Tuna Mayo & Cucumber </p>	<p>Ham </p> <p>Cheese </p>	
<p>Choose</p> <p>2</p> <p>any from the green section</p>	<p>Side Dish</p> <p>Rice </p> <p>Sweetcorn </p> <p>Salad </p>	<p>Baked beans </p> <p>Garlic Bread </p> <p>Salad </p>	<p>Roast Potatoes </p> <p>Peas </p> <p>Carrots </p> <p>Vegetarian Gravy </p>	<p>Rice </p> <p>Green Beans </p> <p>Salad </p>	<p>Non-Fried Potato Cubes </p> <p>Peas </p> <p>Sweetcorn </p>	
<p>Choose</p> <p>1</p> <p>from the yellow section</p>	<p>Dessert</p> <p>Ice Cream Roll </p> <p>Yoghurt </p> <p>Fresh Fruit </p>	<p>Chocolate Sponge and Chocolate Custard </p> <p>Yoghurt </p> <p>Fresh Fruit </p>	<p>Jelly </p> <p>Yoghurt </p> <p>Fresh Fruit </p>	<p>Marble Sponge and Custard </p> <p>Yoghurt </p> <p>Fresh Fruit </p>	<p>Gingerbread Person </p> <p>Yoghurt </p> <p>Fresh Fruit </p>	

Greenwood Academies Trust understands that there are different types of vegetarian diet. Our menus reflect choices available for Lacto-ovo-vegetarians as this is the most common type of vegetarian diet.
All menu items are subject to availability.

Allergen Symbols Key	 Gluten	 Milk	 Eggs	 Sulphites	 Mustard	 Peanuts	 Soya
	 Fish	 Lupin	 Crustaceans	 Molluscs	 Nuts	 Sesame Oil	 Celery