|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 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 | | |
| Chicken Tikka Masala  \\GWH-FS-01.gwh.gdft.org\NT_Home_Drives$\lisa.hancock\Allergens\Nuts (100x97).jpg\\GWH-FS-01.gwh.gdft.org\NT_Home_Drives$\lisa.hancock\Allergens\Mustard (100x97).jpg\\GWH-FS-01.gwh.gdft.org\NT_Home_Drives$\lisa.hancock\Allergens\Milk (100x95).jpg  Steamed Wholegrain  Vegetable Rice | | | Braised Beef Steak  Creamed Potatoes  \\GWH-FS-01.gwh.gdft.org\NT_Home_Drives$\lisa.hancock\Allergens\Milk (100x95).jpg  Cabbage, Mixed Vegetables  Gravy  \\GWH-FS-01.gwh.gdft.org\NT_Home_Drives$\lisa.hancock\Allergens\Soya (100x97).jpg | | | | Roast Pork with Apple Sauce,  Roast Potatoes  Carrots  \\GWH-FS-01.gwh.gdft.org\NT_Home_Drives$\lisa.hancock\Allergens\Celery (100x97).jpg  Broccoli & Gravy  \\GWH-FS-01.gwh.gdft.org\NT_Home_Drives$\lisa.hancock\Allergens\Cereals containing gluten (93x100).jpg \\GWH-FS-01.gwh.gdft.org\NT_Home_Drives$\lisa.hancock\Allergens\Soya (100x97).jpg | | Meat/Fish Pizza Selection  \\GWH-FS-01.gwh.gdft.org\NT_Home_Drives$\lisa.hancock\Allergens\Cereals containing gluten (93x100).jpg\\GWH-FS-01.gwh.gdft.org\NT_Home_Drives$\lisa.hancock\Allergens\Fish (100x84).jpg\\GWH-FS-01.gwh.gdft.org\NT_Home_Drives$\lisa.hancock\Allergens\Milk (100x95).jpg\\GWH-FS-01.gwh.gdft.org\NT_Home_Drives$\lisa.hancock\Allergens\Sulphur dioxide (337x325) (250x241) (100x96).jpg  Mixed Salad  &  Coleslaw  \\GWH-FS-01.gwh.gdft.org\NT_Home_Drives$\lisa.hancock\Allergens\Eggs (100x90).jpg\\GWH-FS-01.gwh.gdft.org\NT_Home_Drives$\lisa.hancock\Allergens\Milk (100x95).jpg\\GWH-FS-01.gwh.gdft.org\NT_Home_Drives$\lisa.hancock\Allergens\Mustard (100x97).jpg\\GWH-FS-01.gwh.gdft.org\NT_Home_Drives$\lisa.hancock\Allergens\Celery (100x97).jpg  or Baked Beans | | | | Cod & Salmon Fish Cake,  \\GWH-FS-01.gwh.gdft.org\NT_Home_Drives$\lisa.hancock\Allergens\Cereals containing gluten (93x100).jpg\\GWH-FS-01.gwh.gdft.org\NT_Home_Drives$\lisa.hancock\Allergens\Fish (100x84).jpg  New Potatoes  &  Baked Beans | | |
| Vegetarian Choice | | | | | | | | | | | | | | | |
| (V) Vegetarian Chilli  \\GWH-FS-01.gwh.gdft.org\NT_Home_Drives$\lisa.hancock\Allergens\Celery (100x97).jpg  with Wholegrain Rice  & Crusty Bread  \\GWH-FS-01.gwh.gdft.org\NT_Home_Drives$\lisa.hancock\Allergens\Cereals containing gluten (93x100).jpg | | | (V) Pasta in Chunky Vegetable Sauce  with Crusty Bread  \\GWH-FS-01.gwh.gdft.org\NT_Home_Drives$\lisa.hancock\Allergens\Cereals containing gluten (93x100).jpg  and Mixed Salad | | | | (V) Roast Quorn Fillet,  \\GWH-FS-01.gwh.gdft.org\NT_Home_Drives$\lisa.hancock\Allergens\Cereals containing gluten (93x100).jpg\\GWH-FS-01.gwh.gdft.org\NT_Home_Drives$\lisa.hancock\Allergens\Eggs (100x90).jpg\\GWH-FS-01.gwh.gdft.org\NT_Home_Drives$\lisa.hancock\Allergens\Milk (100x95).jpg\\GWH-FS-01.gwh.gdft.org\NT_Home_Drives$\lisa.hancock\Allergens\Sulphur dioxide (337x325) (250x241) (100x96).jpg  Roast Potatoes,  Carrots, Broccoli Gravy  \\GWH-FS-01.gwh.gdft.org\NT_Home_Drives$\lisa.hancock\Allergens\Celery (100x97).jpg \\GWH-FS-01.gwh.gdft.org\NT_Home_Drives$\lisa.hancock\Allergens\Cereals containing gluten (93x100).jpg \\GWH-FS-01.gwh.gdft.org\NT_Home_Drives$\lisa.hancock\Allergens\Soya (100x97).jpg | | (V) Vegetarian Pizza Selection  \\GWH-FS-01.gwh.gdft.org\NT_Home_Drives$\lisa.hancock\Allergens\Cereals containing gluten (93x100).jpg\\GWH-FS-01.gwh.gdft.org\NT_Home_Drives$\lisa.hancock\Allergens\Fish (100x84).jpg\\GWH-FS-01.gwh.gdft.org\NT_Home_Drives$\lisa.hancock\Allergens\Milk (100x95).jpg\\GWH-FS-01.gwh.gdft.org\NT_Home_Drives$\lisa.hancock\Allergens\Sulphur dioxide (337x325) (250x241) (100x96).jpg  Mixed Salad  Coleslaw  \\GWH-FS-01.gwh.gdft.org\NT_Home_Drives$\lisa.hancock\Allergens\Eggs (100x90).jpg\\GWH-FS-01.gwh.gdft.org\NT_Home_Drives$\lisa.hancock\Allergens\Milk (100x95).jpg\\GWH-FS-01.gwh.gdft.org\NT_Home_Drives$\lisa.hancock\Allergens\Mustard (100x97).jpg\\GWH-FS-01.gwh.gdft.org\NT_Home_Drives$\lisa.hancock\Allergens\Celery (100x97).jpg  or Baked Beans | | | | (V) Cheese & Onion Quiche,  \\GWH-FS-01.gwh.gdft.org\NT_Home_Drives$\lisa.hancock\Allergens\Cereals containing gluten (93x100).jpg\\GWH-FS-01.gwh.gdft.org\NT_Home_Drives$\lisa.hancock\Allergens\Eggs (100x90).jpg\\GWH-FS-01.gwh.gdft.org\NT_Home_Drives$\lisa.hancock\Allergens\Milk (100x95).jpg  New Potatoes  &  Baked Beans | | |
| Jacket Potatoes are served with either a mixed salad or a selection of daily vegetables. | | | | | | | | | | | | | | | |
| Jacket Potato  Cheese (V)  \\GWH-FS-01.gwh.gdft.org\NT_Home_Drives$\lisa.hancock\Allergens\Milk (100x95).jpg | | | Jacket Potato  Tuna Mayonnaise  \\GWH-FS-01.gwh.gdft.org\NT_Home_Drives$\lisa.hancock\Allergens\Fish (100x84).jpg\\GWH-FS-01.gwh.gdft.org\NT_Home_Drives$\lisa.hancock\Allergens\Eggs (100x90).jpg\\GWH-FS-01.gwh.gdft.org\NT_Home_Drives$\lisa.hancock\Allergens\Milk (100x95).jpg\\GWH-FS-01.gwh.gdft.org\NT_Home_Drives$\lisa.hancock\Allergens\Mustard (100x97).jpg  Baked Beans | | | | Jacket Potato  Chicken Mayonnaise  \\GWH-FS-01.gwh.gdft.org\NT_Home_Drives$\lisa.hancock\Allergens\Eggs (100x90).jpg\\GWH-FS-01.gwh.gdft.org\NT_Home_Drives$\lisa.hancock\Allergens\Mustard (100x97).jpg\\GWH-FS-01.gwh.gdft.org\NT_Home_Drives$\lisa.hancock\Allergens\Cereals containing gluten (93x100).jpg | | Jacket Potato  Coleslaw  \\GWH-FS-01.gwh.gdft.org\NT_Home_Drives$\lisa.hancock\Allergens\Milk (100x95).jpg\\GWH-FS-01.gwh.gdft.org\NT_Home_Drives$\lisa.hancock\Allergens\Mustard (100x97).jpg\\GWH-FS-01.gwh.gdft.org\NT_Home_Drives$\lisa.hancock\Allergens\Eggs (100x90).jpg\\GWH-FS-01.gwh.gdft.org\NT_Home_Drives$\lisa.hancock\Allergens\Celery (100x97).jpg  or Baked Beans | | | | Jacket Potato  Cheese (V)  \\GWH-FS-01.gwh.gdft.org\NT_Home_Drives$\lisa.hancock\Allergens\Milk (100x95).jpg | | |
| **Sandwich Selection**  A selection of sandwiches with various fillings is available daily. Please see separate sandwich menu for **Allergen** information. | | | | | | | | | | | | | | | |
| Dessert Choice | | | Dessert Choice | | | | Dessert Choice | | Dessert Choice | | | | Dessert Choice | | |
| Chocolate & Pear Sponge | \\GWH-FS-01.gwh.gdft.org\NT_Home_Drives$\lisa.hancock\Allergens\Eggs (100x90).jpg\\GWH-FS-01.gwh.gdft.org\NT_Home_Drives$\lisa.hancock\Allergens\Milk (100x95).jpg\\GWH-FS-01.gwh.gdft.org\NT_Home_Drives$\lisa.hancock\Allergens\Cereals containing gluten (93x100).jpg | | Crunchy Pudding | | \\GWH-FS-01.gwh.gdft.org\NT_Home_Drives$\lisa.hancock\Allergens\Eggs (100x90).jpg\\GWH-FS-01.gwh.gdft.org\NT_Home_Drives$\lisa.hancock\Allergens\Milk (100x95).jpg\\GWH-FS-01.gwh.gdft.org\NT_Home_Drives$\lisa.hancock\Allergens\Cereals containing gluten (93x100).jpg | | Yoghurt  Selection (V) | \\GWH-FS-01.gwh.gdft.org\NT_Home_Drives$\lisa.hancock\Allergens\Milk (100x95).jpg | Homemade  Cherry Cookies & Fruit Juice | | \\GWH-FS-01.gwh.gdft.org\NT_Home_Drives$\lisa.hancock\Allergens\Cereals containing gluten (93x100).jpg\\GWH-FS-01.gwh.gdft.org\NT_Home_Drives$\lisa.hancock\Allergens\Milk (100x95).jpg\\GWH-FS-01.gwh.gdft.org\NT_Home_Drives$\lisa.hancock\Allergens\Sulphur dioxide (337x325) (250x241) (100x96).jpg | | Summer Fruit Sponge | | \\GWH-FS-01.gwh.gdft.org\NT_Home_Drives$\lisa.hancock\Allergens\Cereals containing gluten (93x100).jpg\\GWH-FS-01.gwh.gdft.org\NT_Home_Drives$\lisa.hancock\Allergens\Eggs (100x90).jpg\\GWH-FS-01.gwh.gdft.org\NT_Home_Drives$\lisa.hancock\Allergens\Milk (100x95).jpg |
| **A selection of Yoghurt \\GWH-FS-01.gwh.gdft.org\NT_Home_Drives$\lisa.hancock\Allergens\Milk (100x95).jpg Fresh Fruit and Bread \\GWH-FS-01.gwh.gdft.org\NT_Home_Drives$\lisa.hancock\Allergens\Cereals containing gluten (93x100).jpg is available on a daily basis. Custard \\GWH-FS-01.gwh.gdft.org\NT_Home_Drives$\lisa.hancock\Allergens\Milk (100x95).jpgis served with desserts as appropriate.** | | | | | | | | | | | | | | | |
| 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 | | \\GWH-FS-01.gwh.gdft.org\NT_Home_Drives$\lisa.hancock\Allergens\Cereals containing gluten (93x100).jpgGluten | | \\GWH-FS-01.gwh.gdft.org\NT_Home_Drives$\lisa.hancock\Allergens\Milk (100x95).jpg Milk | | \\GWH-FS-01.gwh.gdft.org\NT_Home_Drives$\lisa.hancock\Allergens\Eggs (100x90).jpg Eggs | | \\GWH-FS-01.gwh.gdft.org\NT_Home_Drives$\lisa.hancock\Allergens\Sulphur dioxide (337x325) (250x241) (100x96).jpg Sulphites | | \\GWH-FS-01.gwh.gdft.org\NT_Home_Drives$\lisa.hancock\Allergens\Mustard (100x97).jpg Mustard | | \\GWH-FS-01.gwh.gdft.org\NT_Home_Drives$\lisa.hancock\Allergens\Peanuts (100x97).jpg Peanuts | | \\GWH-FS-01.gwh.gdft.org\NT_Home_Drives$\lisa.hancock\Allergens\Soya (100x97).jpg Soya | |
| \\GWH-FS-01.gwh.gdft.org\NT_Home_Drives$\lisa.hancock\Allergens\Fish (100x84).jpg Fish | | \\GWH-FS-01.gwh.gdft.org\NT_Home_Drives$\lisa.hancock\Allergens\Lupin (100x84).jpg Lupin | | \\GWH-FS-01.gwh.gdft.org\NT_Home_Drives$\lisa.hancock\Allergens\Crustaceans (100x97).jpg Crustaceans | | Molluscs | | \\GWH-FS-01.gwh.gdft.org\NT_Home_Drives$\lisa.hancock\Allergens\Nuts (100x97).jpg Nuts | | \\GWH-FS-01.gwh.gdft.org\NT_Home_Drives$\lisa.hancock\Allergens\Sesame Oil (100x90).jpg Sesame Oil | | \\GWH-FS-01.gwh.gdft.org\NT_Home_Drives$\lisa.hancock\Allergens\Celery (100x97).jpg Celery | |