




















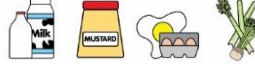

























Greenwood Academies Trust Primary Menu 2014 - 2015

Monday Week 4	Tuesday Week 4	Wednesday Week 4	Thursday Week 4	Friday Week 4			
Main Meal Choice							
Chicken Tikka Masala  Steamed Wholegrain Vegetable Rice	Braised Beef Steak Creamed Potatoes  Cabbage, Mixed Vegetables Gravy 	Roast Pork with Apple Sauce, Roast Potatoes Carrots  Broccoli & Gravy 	Meat/Fish Pizza Selection  Mixed Salad & Coleslaw  or Baked Beans	Cod & Salmon Fish Cake,  New Potatoes & Baked Beans			
Vegetarian Choice							
(V) Vegetarian Chilli  with Wholegrain Rice & Crusty Bread 	(V) Pasta in Chunky Vegetable Sauce with Crusty Bread  and Mixed Salad	(V) Roast Quorn Fillet,  Roast Potatoes, Carrots, Broccoli Gravy   	(V) Vegetarian Pizza Selection  Mixed Salad Coleslaw  or Baked Beans	(V) Cheese & Onion Quiche,  New Potatoes & Baked Beans			
Jacket Potatoes are served with either a mixed salad or a selection of daily vegetables.							
Jacket Potato Cheese (V) 	Jacket Potato Tuna Mayonnaise  Baked Beans	Jacket Potato Chicken Mayonnaise 	Jacket Potato Coleslaw  or Baked Beans	Jacket Potato Cheese (V) 			
Sandwich Selection A selection of sandwiches with various fillings is available daily. Please see separate sandwich menu for Allergen information.							
Dessert Choice							
Chocolate & Pear Sponge 	Crunchy Pudding 	Yoghurt Selection (V) 	Homemade Cherry Cookies & Fruit Juice 	Summer Fruit Sponge 			
A selection of Yoghurt  Fresh Fruit and Bread  is available on a daily basis. Custard  is 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							
<h2>Allergen Symbols Key</h2>	 Gluten	 Milk	 Eggs	 Sulphites	 Mustard	 Peanuts	 Soya
	 Fish	 Lupin	 Crustaceans	 Molluscs	 Nuts	 Sesame Oil	 Celery