




















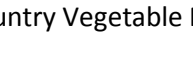




































# Greenwood Academies Trust Primary Menu 2014 - 2015

Monday Week 6	Tuesday Week 6	Wednesday Week 6	Thursday Week 6	Friday Week 6			
<b>Main Meal Choice</b>							
Cumberland Pie,  with Broccoli, Carrots  and Gravy 	Chicken Casserole  Wholemeal Herb Scones  with Creamed Potato  & Country Veg Mix 	Roast Pork with Apple Sauce,  Roast Potatoes, Sliced Green Beans, Cabbage & Gravy 	Beef Burger  in a bun  with Mixed Salad and Coleslaw 	Fish Fillet Squares  with Creamed Potato  & Baked Beans 			
<b>Vegetarian Choice</b>							
(V) Five Bean Chilli  with Rice, Garlic Bread 	(V) Minced Quorn Bolognese Sauce  with Spaghetti,  Crusty Bread & Mixed Salad 	(V) Grilled Vegetable Plait  Roast Potatoes & Country Vegetable Mix 	(V) Quorn Burger  in a bun  with Mixed Salad & Coleslaw 	(V) Cheese & Onion Whirls  with Creamed Potato  & 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 with Coleslaw or Baked Beans (V) 	Jacket Potato Cheese (V) 			
<b>Sandwich Selection</b>							
A selection of sandwiches with various fillings is available daily. Please see separate sandwich menu for <b>Allergen</b> information.							
<b>Dessert Choice</b>		<b>Dessert Choice</b>		<b>Dessert Choice</b>			
Lemon Sponge 	Pineapple Upside Down Cake 	Strawberry Flan with cream 	Yoghurt Selection (V) 	Apple Flapjack 			
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.							
<b>All menu items are subject to availability</b>							
<b>Allergen Symbols Key</b>	 Gluten	 Milk	 Eggs	 Sulphites	 Mustard	 Peanuts	 Soya
	 Fish	 Lupin	 Crustaceans	 Molluscs	 Nuts	 Sesame Oil	 Celery

