














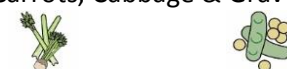


































Greenwood Academies Trust Primary Menu 2014 - 2015

Monday Week 3	Tuesday Week 3	Wednesday Week 3	Thursday Week 3	Friday Week 3			
Main Meal Choice							
Sausages  Creamed Potatoes  Baked Beans or Vegetable of the day	Pork Meatballs  Wholegrain Vegetable Rice Garlic Bread 	Roast Beef Yorkshire Pudding  Roast Potatoes, Cabbage Carrots & Gravy 	Un-breaded Turkey Burger  in a Bun  Mixed Salad Coleslaw 	Cod Fish Fingers  Home-made Potato Wedges Garden Peas			
Vegetarian Choice							
(V) Creamy Tomato Vegetable Sauce  With Pasta & Crusty Bread  Mixed Salad	(V) Quorn Curry  Wholegrain Vegetable Steamed Rice Garlic Bread 	(V) Vegetable Cottage Pie  Carrots, Cabbage & Gravy 	(V) Macaroni Cheese  Crusty Bread  Mixed Salad & Coleslaw 	(V) Quorn Dippers  Home-made Potato Wedges Garden Peas			
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 (V)	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		Dessert Choice		Dessert Choice			
Syrup Sponge 	Apple Pie with Cream 	Chocolate Crunch 	Black Cherry Sponge with Chocolate Sauce 	Caramel Tart 			
A selection of Yoghurt  Fresh Fruit and Bread  is available on a daily basis. Custard  is served with desserts as appropriate.							
A selection of Mineral Water, Fruit Juice based drinks & Flavoured Milk  is available on a daily basis.							
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

