

Greenwood Academies Trust Primary Menu

| Monday Week 3 | Tuesday Week 3 | Wednesday Week 3 | Thursday Week 3 | Friday Week 3 |
|--|--|--|--|---|
| Main Meal Choice | | | | |
| Chicken Pie R00023 Creamed Potatoes R00100 Garden Peas R00092 Chicken Gravy R00473 | Minced Beef Lasagne R00127 Garlic Bread R00536 Mixed Salad R00328 | Roast Pork R00120 with Apple Sauce R00470 Roast Potatoes R00109 Sliced Green Beans R00086 Carrots R00085 Meat Gravy R00569 | Minced Beef in Homemade Chilli con Carne Sauce R00032 Steamed Rice R00104 | Breaded Fish Fillet R00650 Jacket Wedges R00114 Garden Peas R00092 |
| Vegetarian Choice | | | | |
| (V) Cheese Onion Pasty R00613 Garden Peas R00092 Creamed Potatoes R00100 Vegetarian Gravy R00404 | (V) Vegetable Lasagne R00051 Garlic Bread R00536 Mixed Salad R00328 | (V) Quorn Sausages R00128 Roast Potatoes R00109 Sliced Green Beans R00086 Carrots R00085 Vegetarian Gravy R00404 | (V) Vegetarian Chilli R00713 Steamed Rice R00104 | (V) Quorn Dippers R00144 Jacket Wedges R00114 Garden Peas R00092 |
| All Meals are served with either a mixed salad or a selection of daily vegetables. | | | | |
| Jacket Potato with Cheese (V) R00554 | Jacket Potato With Tuna Mayonnaise R00201 Or Baked Beans R00091 | Jacket Potato Chicken Mayonnaise R00555 | Jacket Potato Coleslaw or Baked Beans (V) R00652 R00091 | Jacket Potato Cheese (V) R00554 |
| 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 R00379 & Custard R00140 | Cherry Cookie and Flavoured Milk R00640 | Ginger Cake with Orange Frosting R00629 | Eves Pudding & Custard R00048 R00140 | Fruit Trifle R00420 |
| A selection of Yoghurt, Fresh Fruit and Bread 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 Information | | | | |
| If you have a question about the allergen content of any menu item, please ask a member of staff to show you the recipe (Recipe Reference e.g. R00062) or a Chef Recipe Card for that item. | | | | |

