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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Monday  Week 5 | | | Tuesday  Week 5 | | | | Wednesday  Week 5 | | Thursday  Week 5 | | | | Friday  Week 5 | | |
| Main Meal Choice | | | | | | | | | | | | | | | |
| Mini Beef & Vegetable Pasty,  \\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$\lisa.hancock\Allergens\Soya (100x97).jpg\\GWH-FS-01.gwh.gdft.org\NT_Home_Drives$\lisa.hancock\Allergens\Sulphur dioxide (337x325) (250x241) (100x96).jpg  Garden Peas  Creamed Potatoes, and Gravy  \\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\Soya (100x97).jpg | | | Lamb Hotpot,  \\GWH-FS-01.gwh.gdft.org\NT_Home_Drives$\lisa.hancock\Allergens\Soya (100x97).jpg\\GWH-FS-01.gwh.gdft.org\NT_Home_Drives$\lisa.hancock\Allergens\Celery (100x97).jpg  Country Vegetable Mix  & Gravy with Crusty Bread  \\GWH-FS-01.gwh.gdft.org\NT_Home_Drives$\lisa.hancock\Allergens\Soya (100x97).jpg\\GWH-FS-01.gwh.gdft.org\NT_Home_Drives$\lisa.hancock\Allergens\Cereals containing gluten (93x100).jpg | | | | Minced Beef Lasagne,  \\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\Soya (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\Milk (100x95).jpg  Garlic Bread  \\GWH-FS-01.gwh.gdft.org\NT_Home_Drives$\lisa.hancock\Allergens\Cereals containing gluten (93x100).jpg  & Mixed Salad | | Chicken Breast  in Sweet & Sour Sauce  \\GWH-FS-01.gwh.gdft.org\NT_Home_Drives$\lisa.hancock\Allergens\Celery (100x97).jpg\\GWH-FS-01.gwh.gdft.org\NT_Home_Drives$\lisa.hancock\Allergens\Soya (100x97).jpg\\GWH-FS-01.gwh.gdft.org\NT_Home_Drives$\lisa.hancock\Allergens\Cereals containing gluten (93x100).jpg  with Savoury Wholegrain Rice | | | | Breaded Cod,  \\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  Creamed Potato,  \\GWH-FS-01.gwh.gdft.org\NT_Home_Drives$\lisa.hancock\Allergens\Milk (100x95).jpg  Baked Beans or Mixed Salad | | |
| Vegetarian Choice | | | | | | | | | | | | | | | |
| (V) Vegetable Pasty,  \\GWH-FS-01.gwh.gdft.org\NT_Home_Drives$\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\Celery (100x97).jpg  Creamed Potatoes, Garden Peas  \\GWH-FS-01.gwh.gdft.org\NT_Home_Drives$\lisa.hancock\Allergens\Milk (100x95).jpg  & Gravy  \\GWH-FS-01.gwh.gdft.org\NT_Home_Drives$\lisa.hancock\Allergens\Soya (100x97).jpg | | | (V) Vegetarian Hotpot,  \\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$\lisa.hancock\Allergens\Milk (100x95).jpg\\GWH-FS-01.gwh.gdft.org\NT_Home_Drives$\lisa.hancock\Allergens\Eggs (100x90).jpg  Country Vegetable Mix  & Gravy with Crusty Bread  \\GWH-FS-01.gwh.gdft.org\NT_Home_Drives$\lisa.hancock\Allergens\Soya (100x97).jpg\\GWH-FS-01.gwh.gdft.org\NT_Home_Drives$\lisa.hancock\Allergens\Cereals containing gluten (93x100).jpg | | | | (V) Vegetable Lasagne,  \\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$\lisa.hancock\Allergens\Milk (100x95).jpg  Garlic Bread  \\GWH-FS-01.gwh.gdft.org\NT_Home_Drives$\lisa.hancock\Allergens\Cereals containing gluten (93x100).jpg\\GWH-FS-01.gwh.gdft.org\NT_Home_Drives$\lisa.hancock\Allergens\Soya (100x97).jpg  & Mixed Salad | | (V) Quorn Fillet  \\GWH-FS-01.gwh.gdft.org\NT_Home_Drives$\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$\lisa.hancock\Allergens\Sulphur dioxide (337x325) (250x241) (100x96).jpg  in Sweet & Sour Sauce  \\GWH-FS-01.gwh.gdft.org\NT_Home_Drives$\lisa.hancock\Allergens\Soya (100x97).jpg\\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  with Savoury Wholegrain Rice | | | | (V) Tomato & Basil Sauce,  \\GWH-FS-01.gwh.gdft.org\NT_Home_Drives$\lisa.hancock\Allergens\Nuts (100x97).jpg  Pasta Twists & Garlic Bread  \\GWH-FS-01.gwh.gdft.org\NT_Home_Drives$\lisa.hancock\Allergens\Cereals containing gluten (93x100).jpg\\GWH-FS-01.gwh.gdft.org\NT_Home_Drives$\lisa.hancock\Allergens\Cereals containing gluten (93x100).jpg\\GWH-FS-01.gwh.gdft.org\NT_Home_Drives$\lisa.hancock\Allergens\Soya (100x97).jpg  and Mixed Salad | | |
| 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 with  Coleslaw or Baked Beans (V)  \\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 | | | | Jacket Potato  Cheese (V)  \\GWH-FS-01.gwh.gdft.org\NT_Home_Drives$\lisa.hancock\Allergens\Milk (100x95).jpg | | |
| **Sandwich Selection**  A selection of sandwiches with various fillings is available daily. Please see separate sandwich menu for **Allergen** information. | | | | | | | | | | | | | | | |
| Dessert Choice | | | Dessert Choice | | | | Dessert Choice | | Dessert Choice | | | | Dessert Choice | | |
| Fruit  Pots | \\GWH-FS-01.gwh.gdft.org\NT_Home_Drives$\lisa.hancock\Allergens\Cereals containing gluten (93x100).jpg | | Chocolate Sponge & Chocolate Sauce | | \\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$\lisa.hancock\Allergens\Cereals containing gluten (93x100).jpg | | Cheesecake with  Fruit Topping | \\GWH-FS-01.gwh.gdft.org\NT_Home_Drives$\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\Soya (100x97).jpg | Ice Cream  Roll | | \\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\Soya (100x97).jpg | | Bakewell Tart | | \\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$\lisa.hancock\Allergens\Cereals containing gluten (93x100).jpg |
| **A selection of Yoghurt \\GWH-FS-01.gwh.gdft.org\NT_Home_Drives$\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.**  **A selection of Mineral Water, Fruit Juice based drinks & Flavoured Milk \\GWH-FS-01.gwh.gdft.org\NT_Home_Drives$\lisa.hancock\Allergens\Milk (100x95).jpgis available on a daily basis.** | | | | | | | | | | | | | | | |
| Greenwood Academies Trust understands that there are different types of vegetarian diet. Our menus reflect choices available for Lacto-ovo-vegetarians as this is the most common type of vegetarian diet.  **All menu items are subject to availability.** | | | | | | | | | | | | | | | |
| Allergen Symbols Key | | \\GWH-FS-01.gwh.gdft.org\NT_Home_Drives$\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 | |