

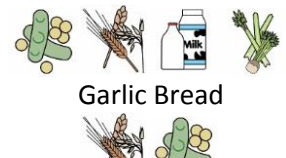













































Greenwood Academies Trust Primary Menu 2014 - 2015

| Monday Week 2 | Tuesday Week 2 | Wednesday Week 2 | Thursday Week 2 | Friday Week 2 | | | |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------|
| Main Meal Choice | | | | | | | |
| Oven Baked Crumbed Haddock  Creamed Potatoes,  Garden Peas or Baked Beans | Lamb Moussaka  Garlic Bread  Sweetcorn or Mixed Salad | Sausage Roll  Home-made Jacket Wedges Baked Beans or Vegetable of the day | Chicken Curry  Steamed Wholegrain Vegetable Rice OR Naan Bread  | Pork & Vegetable Pie  Creamed Potatoes  Country Vegetable Mix | | | |
| Vegetarian Choice | | | | | | | |
| (V) Vegetarian Burger  Creamed Potatoes,  Garden Peas or Baked Beans | (V) Cheese & Tomato Baguette Pizza  Mixed Salad and Coleslaw  | (V) Vegetarian Sausage Roll  Home-made Jacket Wedges & Baked Beans | (V) Sweet Potato, Chick Pea Curry  Steamed Wholegrain Rice Or Naan Bread  | (V) Quorn Sausage Casserole  Creamed Potatoes  Country Vegetables | | | |
| Jacket Potatoes are served with either a mixed salad or a selection of daily vegetables. | | | | | | | |
| Jacket Potato Cheese (V)  | Jacket Potato Tuna Mayonnaise or Baked Beans  | Jacket Potato Chicken Mayonnaise  | Jacket Potato with 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 | Dessert Choice | Dessert Choice | | | |
| Fruit Muffins  | Lemon Drizzle Cake  | Carrot Cake with Cream Cheese Frosting  | Apple Crumble  | Frozen Yoghurts  | | | |
| 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 |

