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| Monday  Week 3 | | | Tuesday  Week 3 | | | | Wednesday  Week 3 | | Thursday  Week 3 | | | | Friday  Week 3 | | |
| Main Meal Choice | | | | | | | | | | | | | | | |
| Sausages  Cereals containing gluten (93x100)Lupin (100x84)  Creamed Potatoes  Milk (100x95)  Baked Beans or  Vegetable of the day | | | Pork Meatballs  Cereals containing gluten (93x100)Milk (100x95)Celery (100x97)  Wholegrain Vegetable Rice  Garlic Bread  Cereals containing gluten (93x100)Soya (100x97) | | | | Roast Beef  Yorkshire Pudding  Milk (100x95)Lupin (100x84)Sesame Oil (100x90)Cereals containing gluten (93x100)Eggs (100x90)  Roast Potatoes, Cabbage  Carrots & Gravy  Celery (100x97) Soya (100x97) | | Un-breaded Turkey Burger  Soya (100x97)Cereals containing gluten (93x100)Sesame Oil (100x90)  in a Bun  Soya (100x97)Cereals containing gluten (93x100)Sesame Oil (100x90)  Mixed Salad  Coleslaw  \\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$\lisa.hancock\Allergens\Mustard (100x97).jpgCelery (100x97) | | | | Cod Fish Fingers  Fish (100x84)Cereals containing gluten (93x100)  Home-made Potato Wedges  Garden Peas | | |
| Vegetarian Choice | | | | | | | | | | | | | | | |
| (V) Creamy  Tomato Vegetable Sauce  Milk (100x95)Celery (100x97)  With Pasta & Crusty Bread  Cereals containing gluten (93x100) Cereals containing gluten (93x100)  Mixed Salad | | | (V) Quorn Curry  Milk (100x95)Cereals containing gluten (93x100)Eggs (100x90)  Wholegrain Vegetable Steamed Rice  Garlic Bread  Soya (100x97)Cereals containing gluten (93x100) | | | | (V) Vegetable Cottage  Pie  Milk (100x95)  Carrots, Cabbage & Gravy  Celery (100x97) Soya (100x97) | | (V) Macaroni Cheese  Cereals containing gluten (93x100)Milk (100x95)Celery (100x97)Eggs (100x90)  Crusty Bread  Cereals containing gluten (93x100)  Mixed Salad  & Coleslaw  \\GWH-FS-01.gwh.gdft.org\NT_Home_Drives$\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 Celery (100x97) | | | | (V) Quorn Dippers  Milk (100x95)Cereals containing gluten (93x100)Eggs (100x90)  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)  \\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\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$\lisa.hancock\Allergens\Fish (100x84).jpg  Baked Beans (V) | | | | Jacket Potato  Chicken Mayonnaise  \\GWH-FS-01.gwh.gdft.org\NT_Home_Drives$\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  Coleslaw (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$\lisa.hancock\Allergens\Mustard (100x97).jpgCelery (100x97) | | | | Jacket Potato  Cheese (V)  \\GWH-FS-01.gwh.gdft.org\NT_Home_Drives$\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 | | |
| Syrup Sponge | Cereals containing gluten (93x100)Milk (100x95)Eggs (100x90) | | Apple Pie  with Cream | | Cereals containing gluten (93x100)Milk (100x95) | | Chocolate Crunch | Milk (100x95)Cereals containing gluten (93x100)Eggs (100x90) | Black Cherry Sponge with Chocolate Sauce | | Milk (100x95)Cereals containing gluten (93x100)Eggs (100x90) | | Caramel Tart | | Milk (100x95)Cereals containing gluten (93x100) |
| **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 | |