|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| MondayWeek 3 | TuesdayWeek 3 | WednesdayWeek 3 | ThursdayWeek 3 | FridayWeek 3 |
| Main Meal Choice |
| SausagesCereals containing gluten (93x100)Lupin (100x84)Creamed PotatoesMilk (100x95)Baked Beans orVegetable of the day | Pork MeatballsCereals containing gluten (93x100)Milk (100x95)Celery (100x97)Wholegrain Vegetable RiceGarlic BreadCereals containing gluten (93x100)Soya (100x97) | Roast BeefYorkshire PuddingMilk (100x95)Lupin (100x84)Sesame Oil (100x90)Cereals containing gluten (93x100)Eggs (100x90)Roast Potatoes, CabbageCarrots & Gravy Celery (100x97) Soya (100x97) | Un-breaded Turkey BurgerSoya (100x97)Cereals containing gluten (93x100)Sesame Oil (100x90)in a BunSoya (100x97)Cereals containing gluten (93x100)Sesame Oil (100x90)Mixed SaladColeslaw\\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$\lisa.hancock\Allergens\Mustard (100x97).jpgCelery (100x97) | Cod Fish FingersFish (100x84)Cereals containing gluten (93x100)Home-made Potato WedgesGarden Peas |
| Vegetarian Choice |
|  (V) CreamyTomato Vegetable SauceMilk (100x95)Celery (100x97)With Pasta & Crusty Bread Cereals containing gluten (93x100) Cereals containing gluten (93x100)Mixed Salad | (V) Quorn Curry Milk (100x95)Cereals containing gluten (93x100)Eggs (100x90)Wholegrain Vegetable Steamed Rice Garlic BreadSoya (100x97)Cereals containing gluten (93x100) | (V) Vegetable CottagePieMilk (100x95)Carrots, Cabbage & Gravy Celery (100x97) Soya (100x97)  | (V) Macaroni CheeseCereals containing gluten (93x100)Milk (100x95)Celery (100x97)Eggs (100x90)Crusty BreadCereals containing gluten (93x100)Mixed Salad & Coleslaw\\GWH-FS-01.gwh.gdft.org\NT_Home_Drives$\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 DippersMilk (100x95)Cereals containing gluten (93x100)Eggs (100x90)Home-made Potato WedgesGarden Peas |
| Jacket Potatoes are served with either a mixed salad or a selection of daily vegetables. |
| Jacket PotatoCheese (V)\\GWH-FS-01.gwh.gdft.org\NT_Home_Drives$\lisa.hancock\Allergens\Milk (100x95).jpg | Jacket PotatoTuna Mayonnaise\\GWH-FS-01.gwh.gdft.org\NT_Home_Drives$\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$\lisa.hancock\Allergens\Fish (100x84).jpgBaked Beans (V) | Jacket PotatoChicken Mayonnaise\\GWH-FS-01.gwh.gdft.org\NT_Home_Drives$\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 PotatoColeslaw (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$\lisa.hancock\Allergens\Mustard (100x97).jpgCelery (100x97) | Jacket PotatoCheese (V)\\GWH-FS-01.gwh.gdft.org\NT_Home_Drives$\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 Piewith 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 |