
















































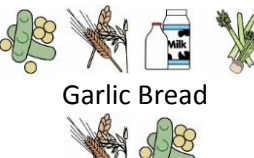













































Greenwood Academies Trust Primary Menu 2014 – 2015

Monday Week 1	Tuesday Week 1	Wednesday Week 1	Thursday Week 1	Friday Week 1			
Main Meal Choice							
Chicken & Mushroom Pie  Country Vegetable Mix New Potatoes Gravy 	Gammon Steak & Pineapple Slice ½ Baked Potato Whole Green Beans	Roast Turkey with Stuffing,  Roast Potatoes, Cabbage, Carrots and Gravy 	Meat/Fish Pizza Selection  Mixed Salad & Coleslaw  or Baked Beans	Cottage Pie  Broccoli, Sweetcorn,  Gravy 			
Vegetarian Choice							
(V) Bean & Vegetable Bake  New Potatoes, Garden Peas Gravy 	(V) Vegetarian Sausage  in a Hot Dog Roll  with Mixed Salad	(V) Vegetable Wholemeal Pasta  Crusty Bread  Mixed Salad	(V) Vegetarian Pizza Selection  Mixed Salad Coleslaw  or Baked Beans	(V) Quorn Meatballs with Pasta  or Rice & Garlic Bread  Sweetcorn or Mixed Salad			
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 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			
Eve's Pudding 	Strawberry Shortbread 	Banana Sponge 	Marble Sponge 	Fruit Jelly (V) 			
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
















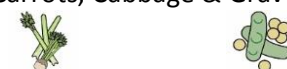


































Greenwood Academies Trust Primary Menu 2014 - 2015

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 Fruit Muffins 	Dessert Choice Lemon Drizzle Cake 	Dessert Choice Carrot Cake with Cream Cheese Frosting 	Dessert Choice Apple Crumble 	Dessert Choice 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.							
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Allergen Symbols Key	 Gluten	 Milk	 Eggs	 Sulphites	 Mustard	 Peanuts	 Soya
	 Fish	 Lupin	 Crustaceans	 Molluscs	 Nuts	 Sesame Oil	 Celery
















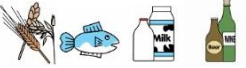



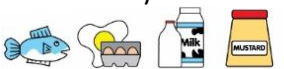



























Greenwood Academies Trust Primary Menu 2014 - 2015





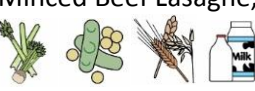






















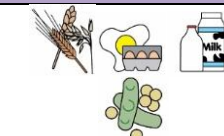



















Monday Week 3	Tuesday Week 3	Wednesday Week 3	Thursday Week 3	Friday Week 3			
Main Meal Choice							
Sausages  Creamed Potatoes  Baked Beans or Vegetable of the day	Pork Meatballs  Wholegrain Vegetable Rice Garlic Bread 	Roast Beef Yorkshire Pudding  Roast Potatoes, Cabbage Carrots & Gravy 	Un-breaded Turkey Burger  in a Bun  Mixed Salad Coleslaw 	Cod Fish Fingers  Home-made Potato Wedges Garden Peas			
Vegetarian Choice							
(V) Creamy Tomato Vegetable Sauce  With Pasta & Crusty Bread  Mixed Salad	(V) Quorn Curry  Wholegrain Vegetable Steamed Rice Garlic Bread 	(V) Vegetable Cottage Pie  Carrots, Cabbage & Gravy 	(V) Macaroni Cheese  Crusty Bread  Mixed Salad & Coleslaw 	(V) Quorn Dippers  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) 	Jacket Potato Tuna Mayonnaise  Baked Beans	Jacket Potato Chicken Mayonnaise 	Jacket Potato 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			
Syrup Sponge 	Apple Pie with Cream 	Chocolate Crunch 	Black Cherry Sponge with Chocolate Sauce 	Caramel Tart 			
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.							
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Allergen Symbols Key	 Gluten	 Milk	 Eggs	 Sulphites	 Mustard	 Peanuts	 Soya
	 Fish	 Lupin	 Crustaceans	 Molluscs	 Nuts	 Sesame Oil	 Celery
























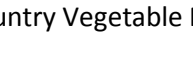


































Greenwood Academies Trust Primary Menu 2014 - 2015

Monday Week 4	Tuesday Week 4	Wednesday Week 4	Thursday Week 4	Friday Week 4			
Main Meal Choice							
Chicken Tikka Masala  Steamed Wholegrain Vegetable Rice	Braised Beef Steak Creamed Potatoes  Cabbage, Mixed Vegetables Gravy 	Roast Pork with Apple Sauce, Roast Potatoes Carrots  Broccoli & Gravy 	Meat/Fish Pizza Selection  Mixed Salad & Coleslaw  or Baked Beans	Cod & Salmon Fish Cake,  New Potatoes & Baked Beans			
Vegetarian Choice							
(V) Vegetarian Chilli  with Wholegrain Rice & Crusty Bread 	(V) Pasta in Chunky Vegetable Sauce with Crusty Bread  and Mixed Salad	(V) Roast Quorn Fillet,  Roast Potatoes, Carrots, Broccoli Gravy   	(V) Vegetarian Pizza Selection  Mixed Salad Coleslaw  or Baked Beans	(V) Cheese & Onion Quiche,  New Potatoes & Baked Beans			
Jacket Potatoes are served with either a mixed salad or a selection of daily vegetables.							
Jacket Potato Cheese (V) 	Jacket Potato Tuna Mayonnaise  Baked Beans	Jacket Potato Chicken Mayonnaise 	Jacket Potato Coleslaw  or Baked Beans	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							
Chocolate & Pear Sponge 	Crunchy Pudding 	Yoghurt Selection (V) 	Homemade Cherry Cookies & Fruit Juice 	Summer Fruit Sponge 			
A selection of Yoghurt  Fresh Fruit and Bread  is available on a daily basis. Custard  is served with desserts as appropriate.							
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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

Greenwood Academies Trust Primary Menu 2014 - 2015

Monday Week 5	Tuesday Week 5	Wednesday Week 5	Thursday Week 5	Friday Week 5			
Main Meal Choice							
Mini Beef & Vegetable Pasty,  Garden Peas Creamed Potatoes, and Gravy 	Lamb Hotpot,  Country Vegetable Mix & Gravy with Crusty Bread 	Minced Beef Lasagne,  Garlic Bread  & Mixed Salad	Chicken Breast in Sweet & Sour Sauce  with Savoury Wholegrain Rice	Breadcr Cod,  Creamed Potato,  Baked Beans or Mixed Salad			
Vegetarian Choice							
(V) Vegetable Pasty,  Creamed Potatoes, Garden Peas  & Gravy 	(V) Vegetarian Hotpot,  Country Vegetable Mix & Gravy with Crusty Bread 	(V) Vegetable Lasagne,  Garlic Bread  & Mixed Salad	(V) Quorn Fillet in Sweet & Sour Sauce  with Savoury Wholegrain Rice	(V) Tomato & Basil Sauce,  Pasta Twists & Garlic Bread  and Mixed Salad			
Jacket Potatoes are served with either a mixed salad or a selection of daily vegetables.							
Jacket Potato Cheese (V) 	Jacket Potato Tuna Mayonnaise  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			
Fruit Pots 	Chocolate Sponge & Chocolate Sauce 	Cheesecake with Fruit Topping 	Ice Cream Roll 	Bakewell Tart 			
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.							
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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

Greenwood Academies Trust Primary Menu 2014 - 2015

Monday Week 6	Tuesday Week 6	Wednesday Week 6	Thursday Week 6	Friday Week 6			
Main Meal Choice							
Cumberland Pie,  with Broccoli, Carrots  and Gravy 	Chicken Casserole  Wholemeal Herb Scones  with Creamed Potato  & Country Veg Mix 	Roast Pork with Apple Sauce,  Roast Potatoes, Sliced Green Beans, Cabbage & Gravy 	Beef Burger  in a bun  with Mixed Salad and Coleslaw 	Fish Fillet Squares  with Creamed Potato  & Baked Beans 			
Vegetarian Choice							
(V) Five Bean Chilli  with Rice, Garlic Bread 	(V) Minced Quorn Bolognese Sauce  with Spaghetti,  Crusty Bread & Mixed Salad 	(V) Grilled Vegetable Plait  Roast Potatoes & Country Vegetable Mix 	(V) Quorn Burger  in a bun  with Mixed Salad & Coleslaw 	(V) Cheese & Onion Whirls  with Creamed Potato  & Baked Beans 			
Jacket Potatoes are served with either a mixed salad or a selection of daily vegetables.							
Jacket Potato Cheese (V) 	Jacket Potato Tuna Mayonnaise  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			
Lemon Sponge 	Pineapple Upside Down Cake 	Strawberry Flan with cream 	Yoghurt Selection (V) 	Apple Flapjack 			
A selection of Yoghurt  Fresh Fruit and Bread  is available on a daily basis. Custard  is served with desserts as appropriate.							
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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

