













































































Greenwood Academies Trust Primary Menu

	Monday Week 1	Tuesday Week 1	Wednesday Week 1	Thursday Week 1	Friday Week 1
DATES	<i>Main Meal Choice</i>				
WC 04/09/2019 WC 23/09/2019 WC 14/10/2019 WC 07/01/2020 WC 27/01/2020 WC 20/04/2020 WC 11/05/2020	<p>Chicken in Whole-wheat Pasta </p> <p>With Tomato & Pesto Sauce</p> 	<p>Pork Meatballs   </p> <p>in Tomato & Basil sauce</p> <p>With Steamed Vegetable Rice</p>	<p>Roast Turkey with Stuffing,  </p>  	<p>Meat/Fish Pizza Selection   </p> <p>Mixed Salad & Coleslaw   </p> <p>or Baked Beans</p>	<p>Cod Fish Fingers  </p> <p>Potato Wedges & Garden Peas</p>
	<i>Vegetarian Choice</i>				
	<p>(V) Whole-wheat Pasta </p> <p>With Tomato & Pesto Sauce</p> 	<p>(V) Quorn Meatballs   </p> <p>In Tomato & Basil Sauce</p> <p>Steamed Vegetable Rice</p>	<p>(V) Roast Quorn Fillet,    </p> <p>Roast Potatoes, Carrots, Broccoli Gravy  </p>	<p>(V) Vegetarian Pizza Selection </p> <p>Mixed Salad Coleslaw   </p> <p>or Baked Beans</p>	<p>Veg fingers </p> <p>Potato Wedges & Garden Peas</p>
	<i>All Meals are served with either a mixed salad or a selection of daily vegetables.</i>				
	<p>Jacket Potato Cheese (V) </p>	<p>Jacket Potato Tuna Mayonnaise    </p> <p>Or Baked Beans</p>	<p>Jacket Potato Chicken Mayonnaise   </p>	<p>Jacket Potato Coleslaw or Baked Beans (V)    </p>	<p>Jacket Potato Cheese (V) </p>
	<i>A selection of sandwiches with various fillings is available daily. Please see separate sandwich menu for Allergen information.</i>				
	<i>Dessert Choice</i>	<i>Dessert Choice</i>	<i>Dessert Choice</i>	<i>Dessert Choice</i>	<i>Dessert Choice</i>
	<p>Marble Sponge & Custard   </p>	<p>Caramel Tart with Cream  </p>	<p>Apple Crumble & Custard  </p>	<p>Strawberry Shortbread  </p>	<p>Ice Cream Roll    </p>
	<p>A selection of Yoghurt  Fresh Fruit and Bread  is available on a daily basis. Custard  is served with desserts as appropriate.</p>				
	<p>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.</p> <p>All menu items are subject to availability.</p>				

Greenwood Academies Trust Primary Menu

<i>Allergen Symbols Key</i>	 <i>Gluten</i>	 <i>Milk</i>	 <i>Eggs</i>	 <i>Sulphites</i>	 <i>Mustard</i>	 <i>Peanuts</i>	 <i>Soya</i>
	 <i>Fish</i>	 <i>Lupin</i>	 <i>Crustaceans</i>	 <i>Molluscs</i>	 <i>Nuts</i>	 <i>Sesame Oil</i>	 <i>Celery</i>

