

# Greenwood Academies Trust Primary Menu

Monday Week 1	Tuesday Week 1	Wednesday Week 1	Thursday Week 1	Friday Week 1
<b>Main Meal Choice</b>				
Chicken in Whole-wheat Pasta With Tomato & Pesto Sauce R00617 Mixed Salad R00328 Garlic Bread R00536	Cottage Pie R00334 Mixed vegetables R00483 Gravy R00569	Roast Turkey with Stuffing, R00121 Roast Potatoes R00109 Carrots R00085 Broccoli R00083 Gravy R00569	Ham & Cheese Pizza R00168 Mixed Salad R00328 Coleslaw R00106 or Baked Beans R00091	Cod Fish Fingers R00391 Jacket Wedges R00114 Garden Peas R00092
<b>Vegetarian Choice</b>				
(V)Whole-wheat Pasta with Tomato & Pesto Sauce R00275 Mixed Salad R00328 Garlic Bread R00536	(V)Quorn Mince Cottage Pie R00778 Mixed vegetables R00483 Gravy R00569	(V) Roast Quorn Fillet with Stuffing R00437 Roast Potatoes R00109 Carrots R00085 Broccoli R00083 Gravy R00569	(V) Cheese & Tomato Pizza R00139 Mixed Salad R00328 Coleslaw R00106 or Baked Beans R00091	Vegetable Fingers R00609 Jacket Wedges R00114 Garden Peas R00092
All Meals are served with either a mixed salad or a selection of daily vegetables.				
Jacket Potato with Cheese (V) R00554	Jacket Potato With Tuna Mayonnaise R00201 Or Baked Beans R00091	Jacket Potato Chicken Mayonnaise R00555	Jacket Potato Coleslaw or Baked Beans (V) R00652 R00091	Jacket Potato with Cheese (V) R00554
A selection of sandwiches with various fillings is available daily. Please see separate sandwich menu for <b>Allergen</b> information.				
<b>Dessert Choice</b>	<b>Dessert Choice</b>	<b>Dessert Choice</b>	<b>Dessert Choice</b>	<b>Dessert Choice</b>
Vanilla Ice-cream Pots R00118	(V)Raspberry Jelly R00468	Blueberry Muffins R00589	Gingerbread shape R00590	Chocolate cornflake cookies R00033NL
<b>A selection of Yoghurt, Fresh Fruit and Bread is available on a daily basis.</b>				
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. <b>All menu items are subject to availability.</b>				
<b>Allergen Information</b>				
If you have a question about the allergen content of any menu item, please ask a member of staff to show you the recipe (Recipe Reference e.g. R00062) or a Chef Recipe Card for that item.				

