





Week 1		Monday	Tuesday	Wednesday	Thursday	Friday
Choose  from the red section	Main Meal	Cottage Pie	Gammon Steak	Roast Chicken	Minced Beef Lasagne	Beef Burger
		Quorn Dippers	Assorted Melted Baguettes	Cheese & Onion Pasty	Quorn Curry	Vegetable Burger
		Pasta and Sauce	Jacket Potato	Tomato & Basil Pasta	Jacket Potato	Macaroni Cheese
	Sandwiches	Cheese	Ham & Cucumber	Chicken Mayo	Turkey	Ham & Tomato
		Tuna Mayo	Egg Mayo	Cheese & Tomato	Tuna & Cucumber	Cheese & Cucumber


Choose  from the green section	Side Dish	Peas	Peas	Broccoli/Cauliflower	Salad	Baked Beans
		Sweetcorn	½ Jacket	Carrots	Garlic Bread	Potato Wedges
		Creamed Potato	Salad	Roast Potatoes	Rice	Garlic Bread

Choose  from the yellow section	Dessert	Chocolate Sponge	Fruit Jelly	Fudge Tart	Fruit Cheesecake	Marble Sponge
		Yoghurt	Yoghurt	Yoghurt	Yoghurt	Yoghurt
		Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit


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.


Week 2		Monday	Tuesday	Wednesday	Thursday	Friday
Choose  from the red section	Main Meal	Sausage Roll	Chicken curry	Roast Pork	Chicken & Mushroom Pie	Breaded Cod Fillet
		Breaded Vegetable Fingers	Vegetable Lasagne	Roasted Quorn Fillet	Sweet & Sour Quorn	Cheese & Tomato Baguette
		Pasta Bolognese	Jacket Potato	Ham & Leek Pasta	Jacket Potato	Creamy Tomato Pasta
	Sandwiches	Cheese	Ham	Egg & Cress	Turkey	Cheese & Tomato
		Turkey Salad	Tuna Mayo	Cheese & Cucumber	Ham & Cucumber	Chicken Mayo

Choose  from the green section	Side Dish	Baked Beans	Long grain rice	Garden Peas	Broccoli	Diced Potato
		Creamed Potato	Garlic Bread	Country Mixed Vegetables	Creamed Potato	Baked Beans
		Crusty Bread	Salad	Roast Potatoes	Long grain rice	Salad

Choose  from the yellow section	Dessert	Corner Yoghurt	Apple crumble	Muffins	Chocolate Brownie	Ginger Bread Person
		Yoghurt	Yoghurt	Yoghurt	Yoghurt	Yoghurt
		Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit

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Week 3		Monday	Tuesday	Wednesday	Thursday	Friday
Choose  from the red section	Main Meal	Sausages	Chicken Fajitas	Roast Beef	Breaded Chicken	Assorted Meat Pizza
		Quorn Sausages	Vegetable Fajitas	Quorn Mince	Vegetarian Chilli	Assorted Vegetarian Pizza
		Pasta and Sauce	Jacket Potato	Pasta in tomato & garlic sauce	Jacket Potato	Pasta Carbonara
	Sandwiches	Cheese & Onion	Turkey	Cheese	Egg Mayo	Cheese & Ham
		Ham & Cucumber	Tuna Mayo	Ham & Tomato	Ham	Turkey Salad

Choose  from the green section	Side Dish	Garden Peas	Long grain rice	Cauliflower	Sweetcorn	Baked Beans or Coleslaw
		Creamed Potato	Peas & Sweetcorn	Spaghetti	Green Beans	Pasta
		Garlic Bread	Salad	Roast Potatoes	Long grain rice	Salad

Choose  from the yellow section	Dessert	Ice Cream Roll	Banana Sponge Cake	Carrot Cake	Cornflake Tart	Lemon Sponge
		Yoghurt	Yoghurt	Yoghurt	Yoghurt	Yoghurt
		Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit

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