

MEDESHAMSTEDE ACADEMY

Week 1		Monday	Tuesday	Wednesday	Thursday	Friday
<p>Choose</p> <p>1</p> <p>from the red section</p>	<p>Main Meal</p> <p>Mince beef bolognese</p> <p>Quorn bolognese</p> <p>Jacket Potato</p>	<p>Cajun chicken wrap</p> <p>Vegan chicken wrap</p> <p>Jacket Potato</p>	<p>Roast pork</p> <p>Roasted quorn fillet</p> <p>Jacket potato</p>	<p>Tomato and basil sauce</p> <p>Macaroni Cheese</p> <p>Jacket Potato</p>	<p>Beef burger in a bun</p> <p>Quorn burger in a bun</p> <p>Jacket potato</p>	
	<p>Sandwiches</p> <p>Cheese</p> <p>Tuna Mayo & cucumber</p>	<p>Ham</p> <p>Cheese</p>	<p>Jam</p> <p>Cheese</p>	<p>Cheese</p> <p>Tuna mayo & Cucumber</p>	<p>Ham</p> <p>Cheese</p>	
<p>Choose</p> <p>2</p> <p>from the green section</p>	<p>Side Dish</p> <p>Spaghetti</p> <p>Garlic bread</p> <p>Salad</p>	<p>Rice</p> <p>Peas</p> <p>Sweetcorn</p>	<p>Roast Potatoes</p> <p>Broccoli</p> <p>Mixed vegetables</p> <p>Vegetarian Gravy</p>	<p>Pasta</p> <p>Baked Beans</p> <p>Salad</p>	<p>Potato Wedges</p> <p>Baked Beans</p> <p>Salad</p>	
<p>Choose</p> <p>1</p> <p>from the yellow section</p>	<p>Dessert</p> <p>Assorted Muffin</p> <p>Yoghurt</p> <p>Fresh Fruit</p>	<p>Fudge Tart and chocolate custard</p> <p>Yoghurt</p> <p>Fresh Fruit</p>	<p>Syrup Sponge and custard</p> <p>Yoghurt</p> <p>Fresh Fruit</p>	<p>Cheese and crackers</p> <p>Yoghurt</p> <p>Fresh Fruit</p>	<p>Cheesecake</p> <p>Yoghurt</p> <p>Fresh Fruit</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.
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