

mj	Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Choose 1 from the red section	Main Meal	Sausages Quorn Sausages Jacket Potato	Chicken Curry Quorn Curry Jacket Potato	Roast Beef with Yorkshire Pudding Quorn Fillet Jacket Potato	Chilli Con Carne Quorn Chilli Con Carne Jacket Potato	Breaded Haddock Quorn Dippers Jacket Potato
		Choose 2 from the green section	Side Dish	Sandwiches Cheese Tuna Mayo & Cucumber Cheese Fish Eggs 	Ham Cheese Mashed Potato Long Grain Rice Garlic Bread Salad	Roast Potatoes Mixed Vegetables Cauliflower Vegetarian gravy
Choose 1 from the yellow section	Dessert			Ice Cream Roll Yoghurt Fresh Fruit	Chocolate Sponge with custard Yoghurt Fresh Fruit	Jelly Yoghurt 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. **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