



# GREENWOOD ACADEMIES TRUST

| Monday<br>Week 1                                                                                                                                                                                           | Tuesday<br>Week 1                                                         | Wednesday<br>Week 1                                                    | Thursday<br>Week 1                                       | Friday<br>Week 1                                                |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------|------------------------------------------------------------------------|----------------------------------------------------------|-----------------------------------------------------------------|
| Main Meal Choice                                                                                                                                                                                           | Main Meal Choice                                                          | Main Meal Choice                                                       | Main Meal Choice                                         | Main Meal Choice                                                |
| Pork Sausage in a Hot Dog Roll with Mixed Salad and Baked Beans                                                                                                                                            | Spaghetti Bolognese with Crusty Bread and Mixed Salad                     | Roast Turkey with Stuffing, Roast Potatoes, Cabbage, Carrots and Gravy | Meat Pizza Selection, Mixed Salad and Coleslaw           | Fish Cakes with Jacket Wedges, Garden Peas or Baked Beans       |
| (V) Quorn Sausage in a Hot Dog Roll with Mixed Salad and Baked Beans                                                                                                                                       | (V) Vegetarian Chilli with Wholegrain Rice & Crusty Bread and Mixed Salad | (V) Cheesy Taglitelle Garlic Bread & Mixed Salad                       | (V) Vegetarian Pizza Selection, Mixed Salad and Coleslaw | (V) Quorn Dippers with Jacket Wedges Garden Peas or Baked Beans |
| Dessert Choice                                                                                                                                                                                             | Dessert Choice                                                            | Dessert Choice                                                         | Dessert Choice                                           | Dessert Choice                                                  |
| Eve's Pudding with Custard                                                                                                                                                                                 | Strawberry Shortbread                                                     | Banana Sponge with Custard                                             | Marble Sponge with Custard                               | Fruit Jelly (V)                                                 |
| A selection of Yoghurt, Fresh Fruit and Bread is available on a daily basis.                                                                                                                               |                                                                           |                                                                        |                                                          |                                                                 |
| 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. |                                                                           |                                                                        |                                                          |                                                                 |

## Rushden Primary Academy Menu – Week 1