















































































# Greenwood Academies Trust Rushden Primary Menu 2015 - 2016

Monday Week 2		Tuesday Week 2		Wednesday Week 2		Thursday Week 2		Friday Week 2	
Main Meal Choice									
Mini Beef & Vegetable Pasty,     Creamed Potatoes,  Garden Peas or Baked Beans		Beef Lasagne,     Garlic Bread   & Sweetcorn or Mixed Salad		Roast Pork  with Apple Sauce, Roast Potatoes, Broccoli, Carrots and Gravy   		Chicken Curry   with Steamed Wholegrain Vegetable Rice OR Naan Bread   		Fish Fillet Squares    with Creamed Potatoes  & Baked Beans	
Vegetarian Choice									
(V) Vegetarian Burger    (no Bun) Creamed Potatoes,  Garden Peas or Baked Beans		(V) Macaroni Cheese     Crusty Bread  Mixed Salad & Coleslaw   		(V) Roast Quorn Fillet,     Roast Potatoes, Broccoli, Carrots   and Gravy 		(V) Pasta in Chunky Vegetable Sauce  with Crusty Bread 		(V) Cheese & Onion Quiche with    New Potatoes & Baked Beans	
Dessert Choice		Dessert Choice		Dessert Choice		Dessert Choice		Dessert Choice	
Fruit Muffins	  	Apple Crumble	 	Lemon Drizzle Cake	  	Carrot Cake with Cream Cheese Frosting	  	Frozen Yoghurts	
A selection of Yoghurt  Fresh Fruit and Bread  is available on a daily basis. Custard  is served with desserts as appropriate.									
A selection of Mineral Water, Fruit Juice based drinks & Flavoured Milk  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. <b>All menu items are subject to availability</b>									
Allergen Symbols Key	 Gluten	 Milk	 Eggs	 Sulphites	 Mustard	 Peanuts	 Soya		
	 Fish	 Lupin	 Crustaceans	 Molluscs	 Nuts	 Sesame Oil	 Celery		

