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Monday Week 3		Tuesday Week 3		Wednesday Week 3		Thursday Week 3		Friday Week 3	
Main Meal Choice									
<p>Pork Meatballs</p>  <p>with Spaghetti</p>  <p>Garlic Bread</p>  <p>&amp; Mixed Salad</p>		<p>Sweet &amp; Sour Chicken</p>  <p>with</p> <p>Wholegrain Vegetable Rice</p>		<p>Roast Beef &amp; Yorkshire Pudding</p>  <p>with Roast Potatoes, Cabbage Carrots &amp; Gravy</p> 		<p>Chicken Breast</p> <p>with New Potatoes</p> <p>Country Veg Mix and Gravy</p>		<p>Cod Fish Fingers</p>  <p>Home-made Potato Wedges</p> <p>with Garden Peas or Baked Beans</p>	
Vegetarian Choice									
<p>(V) Minced Quorn Bolognese Sauce</p>  <p>with Spaghetti,</p>  <p>Mixed Salad &amp; Garlic Bread</p> 		<p>(V) Cheese &amp; Tomato Baguette Pizza</p>  <p>with Mixed Salad and Coleslaw</p> 		<p>(V) Quorn Meatballs with Rice</p>  <p>with Mixed Salad</p>		<p>(V) Macaroni Cheese</p>  <p>Crusty Bread</p>  <p>with Mixed Salad &amp; Coleslaw</p> 		<p>(V) Vegetarian Sausage Roll</p>  <p>Home-made Jacket Wedges</p> <p>with Garden Peas or Baked Beans</p>	
Dessert Choice		Dessert Choice		Dessert Choice		Dessert Choice		Dessert Choice	
Syrup Sponge		Ice Cream Roll		Chocolate Crunch		Black Cherry Sponge with Chocolate Sauce		Fruit Yoghurt	
A selection of Yoghurt  Fresh Fruit and Bread  is available on a daily basis. Custard  is served with desserts as appropriate.									
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		

