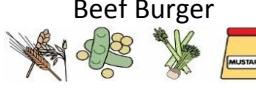









































Rushden Primary Academy Menu 2017 - 2018

Monday Week 2	Tuesday Week 2	Wednesday Week 2	Thursday Week 2	Friday Week 2			
Main Meal Choice							
<p>Beef Burger</p>  <p>Un- seeded burger bun</p>  <p>with Mixed Salad or Baked Beans</p>	<p>Mild Chicken Curry</p>  <p>with Steamed Wholegrain Rice with Peppers and Onions</p>	<p>Roast Pork with Apple Sauce, Roast Potatoes with Carrots</p>  <p>Broccoli & Gravy</p> 	<p>Minced Beef Lasagne,</p>  <p>with Garlic Bread</p>  <p>& Mixed Salad</p>	<p>Fish Fillet Squares</p>  <p>with Homemade Jacket Wedges</p> <p>Sweetcorn or Baked Beans</p>			
Vegetarian Choice							
<p>(V) Vegetarian Burger</p>  <p>Un- seeded burger bun</p>  <p>With Mixed Salad or Baked Beans</p>	<p>(V) Cheesy Taglilte</p>  <p>with Crusty Bread</p> 	<p>(V) Quorn Fillet</p>  <p>with Roast Potatoes Carrots</p>  <p>Broccoli & Gravy</p> 	<p>(V) Pasta in Chunky Vegetable Sauce</p>  <p>with Garlic Bread</p>  <p>and Mixed Salad</p>	<p>(V) Cheese & Onion Whirls</p>  <p>with Homemade Jacket Wedges</p> <p>Sweetcorn or Baked Beans</p>			
Dessert Choice							
<p>Fruit Muffins</p> 	<p>Apple Crumble</p> 	<p>Lemon Drizzle Cake</p> 	<p>Carrot Cake with Vanilla Frosting</p> 	<p>Frozen Yoghurts</p> 			
<p>A selection of Yoghurt  Fresh Fruit and Bread  is available on a daily basis. Custard  is served with desserts as appropriate.</p>							
<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.</p>							
<h2>Allergen Symbols Key</h2>	 Gluten	 Milk	 Eggs	 Sulphites	 Mustard	 Peanuts	 Soya
	 Fish	 Lupin	 Crustaceans	 Molluscs	 Nuts	 Sesame Oil	 Celery

