









































Greenwood Academies Trust - Rushden Primary Menu 2016 - 2017

Monday Week 1		Tuesday Week 1		Wednesday Week 1		Thursday Week 1		Friday Week 1	
Main Meal Choice									
Chicken Pie,  New Potatoes, Country Vegetable Mix and Gravy 		Gammon Steak & Pineapple Slice, Creamed Potato  and Garden Peas		Roast Turkey  with Stuffing,  Roast Potatoes, Cabbage, Carrots and Gravy 		(V) Meat/Fish Pizza Selection,  Mixed Salad and Coleslaw  or Baked Beans		Beef Chilli Con Carne  With Rice, Sweetcorn or Mixed Salad 	
Vegetarian Choice									
(V) Quorn Curry  & Steamed Vegetable Rice or Naan Bread 		(V) Vegetarian Sausage in a Hot Dog Roll  with Mixed Salad or Baked Beans		(V) Vegetable Wholemeal Pasta,  Crusty Bread  and Mixed Salad		(V) Vegetarian Pizza Selection,  Mixed Salad and Coleslaw  or Baked Beans		(V) Quorn Meatballs  with Pasta, Garlic Bread  & Sweetcorn or Mixed Salad	
Dessert Choice		Dessert Choice		Dessert Choice		Dessert Choice		Dessert Choice	
Eve’s Pudding		Strawberry Shortbread		Banana Sponge		Marble Sponge		Fruit Jelly (V)	
A selection of Yoghurt  Fresh Fruit and Bread  is available on a daily basis. Custard  is served with desserts as appropriate. Fresh Water 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. 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		

