



GREENWOOD ACADEMIES TRUST

Monday Week 2	Tuesday Week 2	Wednesday Week 2	Thursday Week 2	Friday Week 2
Main Meal Choice	Main Meal Choice	Main Meal Choice	Main Meal Choice	Main Meal Choice
Beef Burger in a bun with Mixed Salad or Baked Beans	Chicken Curry with Steamed Wholegrain Vegetable Rice	Roast Pork with Apple Sauce, Roast Potatoes, Carrots, Broccoli & Gravy	Minced Beef Lasagne, Garlic Bread & Mixed Salad	Fish Fillet Squares with Jacket wedges Sweet corn or Baked Beans
(V) Vegetarian Burger in a bun with Mixed Salad or Baked Beans	(V) Pasta in Chunky Vegetable Sauce with Crusty Bread and Salad	(V) Roast Quorn Fillet, Roast Potatoes, Carrots, Broccoli & Gravy	(V) Quorn Meatballs with Rice, and Mixed Salad	(V) Cheese & Onion Whirls with Jacket Wedges Sweet corn or Baked Beans
Dessert Choice	Dessert Choice	Dessert Choice	Dessert Choice	Dessert Choice
Fruit Muffins	Apple Crumble with Custard	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.				
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 2