












































# Greenwood Academies Trust Rushden Primary Menu 2016 - 2017

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.									
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		

