



# GREENWOOD ACADEMIES TRUST

Monday Week 3	Tuesday Week 3	Wednesday Week 3	Thursday Week 3	Friday Week 3
Main Meal Choice	Main Meal Choice	Main Meal Choice	Main Meal Choice	Main Meal Choice
Pork Meatballs with Wholegrain Vegetable Rice Garlic Bread and Mixed Salad	Sweet and Sour Chicken with Vegetable Rice and Mixed Salad	Roast Beef, Roast Potatoes, Carrots, Cabbage and Gravy	Chicken Breast New Potatoes, Country Veg Mix and Gravy	Cod Fish Fingers, with Jacket Wedges Garden Peas or Baked Beans
(V) Minced Quorn Bolognese Sauce with Spaghetti, Garlic Bread & Mixed Salad	(V) Cheese & Tomato Baguette Pizza, Mixed Salad and Coleslaw	(V) Vegetable Wholemeal Pasta, Crusty Bread and Mixed Salad	(V) Vegetarian Sausage Roll with New Potatoes Country Veg Mix and Gravy	(V) Macaroni Cheese, Crusty Bread, Garden Peas or Baked Beans
Dessert Choice	Dessert Choice	Dessert Choice	Dessert Choice	Dessert Choice
Syrup Sponge with Custard	Ice Cream Roll	Chocolate Crunch & Custard	Black Cherry Sponge with Chocolate Sauce	Fruit Yoghurt
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 3