

Rushden Primary Academy Week 1

Monday Week 1	Tuesday Week 1	Wednesday Week 1	Thursday Week 1	Friday Week 1
Main Meal Choice				
Mild Chicken Curry ½ Steamed Vegetable Rice & ½ Naan Bread	Pasta in a Minced Beef Bolognese Sauce Crusty Bread Mixed Salad	Roast Turkey Sage & Onion Stuffing Roast Potatoes Green Cabbage Carrots Turkey Gravy	Sausage Roll Creamed Potatoes Garden Peas	Cod Fish Fingers Jacket Wedges Baked Beans
Vegetarian Choice				
(V) Mild Quorn Curry ½ Steamed Vegetable Rice & ½ Naan Bread	Pasta with Bolognese Sauce Crusty Bread Mixed Salad	(V) Roast Quorn Fillet Sage & Onion Stuffing Roast Potatoes Green Cabbage Carrots Vegetarian Gravy	(V) Vegetarian Sausage Roll Creamed Potatoes Garden Peas	Vegetable Fingers Jacket Wedges Baked Beans
All Meals are served with either a mixed salad or a selection of daily vegetables.				
Dessert Choice				
Summer Fruit Muffins	Chocolate Cake with Chocolate Frosting	Banana Sponge & Custard	Apple Flapjack	Carrot Cake with Vanilla Frosting
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. All menu items are subject to availability.				
Allergen Information				
If you have a question about the allergen content of any menu item, please ask a member of staff to show you the recipe or a Chef Recipe Card for that item.				

