

## Rushden Primary Academy Week 3

Monday Week 3	Tuesday Week 3	Wednesday Week 3	Thursday Week 3	Friday Week 3
<b>Main Meal Choice</b>				
Pork Sausage Creamed Potatoes Peas & Sweet corn Meat Gravy	Beef Casserole New Potatoes Sliced Green Beans Sweet corn	Roast Chicken Breast  Roast Potatoes Carrots Cauliflower Chicken Gravy	Ham & Tomato Baguette Pizza  Mixed Salad  Coleslaw	Chicken Goujon Wrap  Oven Baked Diced Potatoes  Baked Beans
<b>Vegetarian Choice</b>				
Vegetarian Sausage Creamed Potatoes Peas & Sweet corn Vegetarian Gravy	(V)Pasta in a Tomato & Pesto Sauce  Garlic Bread  Mixed Salad	Roast Quorn Fillet  Roast Potatoes Carrots Cauliflower Vegetarian Gravy	(V) Cheese & Tomato Baguette Pizza  Mixed Salad  Coleslaw	Quorn Dippers  Oven Baked Diced Potatoes  Baked Beans
All Meals are served with either a mixed salad or a selection of daily vegetables.				
<b>Dessert Choice</b>				
Frozen Yoghurts	Corn Flake Tart & Custard	Ginger Cake with Orange Frosting	Chocolate Sponge & Chocolate Sauce	Fruit Jelly Sundae(V)
<b>A selection of Yoghurt, Fresh Fruit and Bread is available on a daily basis.</b>				
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. <b>All menu items are subject to availability.</b>				
<b>Allergen Information</b>				
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.				

