|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Monday  Week 3 | | | Tuesday  Week 3 | | | | Wednesday  Week 3 | | Thursday  Week 3 | | | | Friday  Week 3 | | |
| Main Meal Choice | | | | | | | | | | | | | | | |
| Chicken & Mushroom Pie  \\GWH-FS-01.gwh.gdft.org\NT_Home_Drives$\lisa.hancock\Allergens\Milk (100x95).jpg\\GWH-FS-01.gwh.gdft.org\NT_Home_Drives$\lisa.hancock\Allergens\Soya (100x97).jpg  Creamed Potatoes  \\GWH-FS-01.gwh.gdft.org\NT_Home_Drives$\lisa.hancock\Allergens\Milk (100x95).jpg  Green Beans & Gravy  \\GWH-FS-01.gwh.gdft.org\NT_Home_Drives$\lisa.hancock\Allergens\Soya (100x97).jpg | | | Beef bolognese  With Spaghetti  Cereals containing gluten (93x100)  Crusty Bread  Cereals containing gluten (93x100) | | | | Roast Pork  \\GWH-FS-01.gwh.gdft.org\NT_Home_Drives$\lisa.hancock\Allergens\Cereals containing gluten (93x100).jpg  Roast Potatoes, Cauliflower,  Carrots  & Gravy  \\GWH-FS-01.gwh.gdft.org\NT_Home_Drives$\lisa.hancock\Allergens\Soya (100x97).jpg | | Meat/Fish Pizza Selection  \\GWH-FS-01.gwh.gdft.org\NT_Home_Drives$\lisa.hancock\Allergens\Cereals containing gluten (93x100).jpg\\GWH-FS-01.gwh.gdft.org\NT_Home_Drives$\lisa.hancock\Allergens\Fish (100x84).jpg\\GWH-FS-01.gwh.gdft.org\NT_Home_Drives$\lisa.hancock\Allergens\Milk (100x95).jpg\\GWH-FS-01.gwh.gdft.org\NT_Home_Drives$\lisa.hancock\Allergens\Sulphur dioxide (337x325) (250x241) (100x96).jpg  Mixed Salad &  Coleslaw  \\GWH-FS-01.gwh.gdft.org\NT_Home_Drives$\lisa.hancock\Allergens\Eggs (100x90).jpg\\GWH-FS-01.gwh.gdft.org\NT_Home_Drives$\lisa.hancock\Allergens\Milk (100x95).jpg\\GWH-FS-01.gwh.gdft.org\NT_Home_Drives$\lisa.hancock\Allergens\Mustard (100x97).jpg\\GWH-FS-01.gwh.gdft.org\NT_Home_Drives$\lisa.hancock\Allergens\Celery (100x97).jpg | | | | Cod Fish Fingers  Fish (100x84)Cereals containing gluten (93x100)  Home-made Potato Wedges  Garden Peas | | |
| Vegetarian Choice | | | | | | | | | | | | | | | |
| (V) Quorn Dippers  Milk (100x95)Cereals containing gluten (93x100)Eggs (100x90)  Creamed Potatoes & Green Beans  \\GWH-FS-01.gwh.gdft.org\NT_Home_Drives$\lisa.hancock\Allergens\Milk (100x95).jpg | | | Vegetarian Bolognese  With Spaghetti  Cereals containing gluten (93x100)  & Crusty Bread  Cereals containing gluten (93x100) | | | | Glamorgan Sausages  Milk (100x95)Cereals containing gluten (93x100)Eggs (100x90)  Roast Potatoes, Cauliflower,  Carrots  & Gravy  \\GWH-FS-01.gwh.gdft.org\NT_Home_Drives$\lisa.hancock\Allergens\Soya (100x97).jpg | | (V) Vegetarian Pizza Selection  \\GWH-FS-01.gwh.gdft.org\NT_Home_Drives$\lisa.hancock\Allergens\Cereals containing gluten (93x100).jpg  Mixed Salad  Coleslaw  \\GWH-FS-01.gwh.gdft.org\NT_Home_Drives$\lisa.hancock\Allergens\Eggs (100x90).jpg\\GWH-FS-01.gwh.gdft.org\NT_Home_Drives$\lisa.hancock\Allergens\Milk (100x95).jpg\\GWH-FS-01.gwh.gdft.org\NT_Home_Drives$\lisa.hancock\Allergens\Mustard (100x97).jpg\\GWH-FS-01.gwh.gdft.org\NT_Home_Drives$\lisa.hancock\Allergens\Celery (100x97).jpg | | | | (V) Creamy  Tomato Vegetable Sauce  Milk (100x95)Celery (100x97)  With Pasta & Crusty Bread  Cereals containing gluten (93x100) Cereals containing gluten (93x100)  Mixed Salad | | |
| Jacket Potatoes are served with either a mixed salad or a selection of daily vegetables. | | | | | | | | | | | | | | | |
| Jacket Potato  Tuna Mayonnaise or Coleslaw  Milk (100x95)\\GWH-FS-01.gwh.gdft.org\NT_Home_Drives$\lisa.hancock\Allergens\Mustard (100x97).jpg\\GWH-FS-01.gwh.gdft.org\NT_Home_Drives$\lisa.hancock\Allergens\Eggs (100x90).jpg\\GWH-FS-01.gwh.gdft.org\NT_Home_Drives$\lisa.hancock\Allergens\Fish (100x84).jpg | | | Jacket Potato  Cheese (V)  \\GWH-FS-01.gwh.gdft.org\NT_Home_Drives$\lisa.hancock\Allergens\Milk (100x95).jpg | | | | Jacket Potato  Chicken Mayonnaise  \\GWH-FS-01.gwh.gdft.org\NT_Home_Drives$\lisa.hancock\Allergens\Eggs (100x90).jpg\\GWH-FS-01.gwh.gdft.org\NT_Home_Drives$\lisa.hancock\Allergens\Mustard (100x97).jpg\\GWH-FS-01.gwh.gdft.org\NT_Home_Drives$\lisa.hancock\Allergens\Cereals containing gluten (93x100).jpg | | Jacket Potato  Coleslaw or Baked Beans (V)  \\GWH-FS-01.gwh.gdft.org\NT_Home_Drives$\lisa.hancock\Allergens\Eggs (100x90).jpg\\GWH-FS-01.gwh.gdft.org\NT_Home_Drives$\lisa.hancock\Allergens\Milk (100x95).jpg\\GWH-FS-01.gwh.gdft.org\NT_Home_Drives$\lisa.hancock\Allergens\Mustard (100x97).jpg\\GWH-FS-01.gwh.gdft.org\NT_Home_Drives$\lisa.hancock\Allergens\Celery (100x97).jpg | | | | Jacket Potato  Cheese & Beans(V)  \\GWH-FS-01.gwh.gdft.org\NT_Home_Drives$\lisa.hancock\Allergens\Milk (100x95).jpg | | |
| **Sandwich Selection**  A selection of sandwiches with various fillings is available daily. Please see separate sandwich menu for **Allergen** information. | | | | | | | | | | | | | | | |
| Dessert Choice | | | Dessert Choice | | | | Dessert Choice | | Dessert Choice | | | | Dessert Choice | | |
| Eve’s Pudding | \\GWH-FS-01.gwh.gdft.org\NT_Home_Drives$\lisa.hancock\Allergens\Milk (100x95).jpg\\GWH-FS-01.gwh.gdft.org\NT_Home_Drives$\lisa.hancock\Allergens\Cereals containing gluten (93x100).jpg\\GWH-FS-01.gwh.gdft.org\NT_Home_Drives$\lisa.hancock\Allergens\Eggs (100x90).jpg | | Cornflake tart | | \\GWH-FS-01.gwh.gdft.org\NT_Home_Drives$\lisa.hancock\Allergens\Cereals containing gluten (93x100).jpg\\GWH-FS-01.gwh.gdft.org\NT_Home_Drives$\lisa.hancock\Allergens\Milk (100x95).jpg\\GWH-FS-01.gwh.gdft.org\NT_Home_Drives$\lisa.hancock\Allergens\Soya (100x97).jpg | | Fruit FlapJack | \\GWH-FS-01.gwh.gdft.org\NT_Home_Drives$\lisa.hancock\Allergens\Cereals containing gluten (93x100).jpg\\GWH-FS-01.gwh.gdft.org\NT_Home_Drives$\lisa.hancock\Allergens\Milk (100x95).jpg | Lemon Drizzle  Cake | | Cereals containing gluten (93x100)Milk (100x95)\\GWH-FS-01.gwh.gdft.org\NT_Home_Drives$\lisa.hancock\Allergens\Eggs (100x90).jpg | | Fruit Jelly (V) | |  |
| **A selection of Yoghurt \\GWH-FS-01.gwh.gdft.org\NT_Home_Drives$\lisa.hancock\Allergens\Milk (100x95).jpg Fresh Fruit and Bread \\GWH-FS-01.gwh.gdft.org\NT_Home_Drives$\lisa.hancock\Allergens\Cereals containing gluten (93x100).jpg is available on a daily basis. Custard \\GWH-FS-01.gwh.gdft.org\NT_Home_Drives$\lisa.hancock\Allergens\Milk (100x95).jpgis served with desserts as appropriate.** | | | | | | | | | | | | | | | |
| Greenwood Academies Trust understands that there are different types of vegetarian diet. Our menus reflect choices available for Lacto-ovo-vegetarians as this is the most common type of vegetarian diet.  **All menu items are subject to availability.** | | | | | | | | | | | | | | | |
| Allergen Symbols Key | | \\GWH-FS-01.gwh.gdft.org\NT_Home_Drives$\lisa.hancock\Allergens\Cereals containing gluten (93x100).jpgGluten | | \\GWH-FS-01.gwh.gdft.org\NT_Home_Drives$\lisa.hancock\Allergens\Milk (100x95).jpg Milk | | \\GWH-FS-01.gwh.gdft.org\NT_Home_Drives$\lisa.hancock\Allergens\Eggs (100x90).jpg Eggs | | \\GWH-FS-01.gwh.gdft.org\NT_Home_Drives$\lisa.hancock\Allergens\Sulphur dioxide (337x325) (250x241) (100x96).jpg Sulphites | | \\GWH-FS-01.gwh.gdft.org\NT_Home_Drives$\lisa.hancock\Allergens\Mustard (100x97).jpg Mustard | | \\GWH-FS-01.gwh.gdft.org\NT_Home_Drives$\lisa.hancock\Allergens\Peanuts (100x97).jpg Peanuts | | \\GWH-FS-01.gwh.gdft.org\NT_Home_Drives$\lisa.hancock\Allergens\Soya (100x97).jpg Soya | |
| \\GWH-FS-01.gwh.gdft.org\NT_Home_Drives$\lisa.hancock\Allergens\Fish (100x84).jpg Fish | | \\GWH-FS-01.gwh.gdft.org\NT_Home_Drives$\lisa.hancock\Allergens\Lupin (100x84).jpg Lupin | | \\GWH-FS-01.gwh.gdft.org\NT_Home_Drives$\lisa.hancock\Allergens\Crustaceans (100x97).jpg Crustaceans | | Molluscs | | \\GWH-FS-01.gwh.gdft.org\NT_Home_Drives$\lisa.hancock\Allergens\Nuts (100x97).jpg Nuts | | \\GWH-FS-01.gwh.gdft.org\NT_Home_Drives$\lisa.hancock\Allergens\Sesame Oil (100x90).jpg Sesame Oil | | \\GWH-FS-01.gwh.gdft.org\NT_Home_Drives$\lisa.hancock\Allergens\Celery (100x97).jpg Celery | |