MEDESHAMSTEDE ACADEMY

	Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Choose **1** from the red section	**Main Meal**	Mince beef bolognese Quorn bolognese Jacket Potato	Cajun chicken wrap Vegan chicken wrap Jacket Potato	Roast pork Roasted quorn fillet Jacket potato	Tomato and basil sauce Macaroni Cheese Jacket Potato	Beef burger in a bun Quorn burger in a bun Jacket potato
	Sandwiches	Cheese Tuna Mayo & cucumber	Ham Cheese	Jam Cheese	Cheese Tuna mayo & Cucumber	Ham Cheese
Choose **2** from the green section	**Side Dish**	Spaghetti Garlic bread Salad	Rice Peas Sweetcorn	Roast Potatoes Broccoli Mixed vegetables Vegetarian Gravy	Pasta Baked Beans Salad	Potato Wedges Baked Beans Salad
Choose **1** from the yellow section	**Dessert**	Assorted Muffin Yoghurt Fresh Fruit	Fudge Tart and chocolate custard Yoghurt Fresh Fruit	Syrup Sponge and custard Yoghurt Fresh Fruit	Cheese and crackers Yoghurt Fresh Fruit	Cheesecake Yoghurt Fresh Fruit

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