

Greenwood Academies Trust Secondary Menu



STANGROUND ACADEMY

Monday Week 4	Tuesday Week 4	Wednesday Week 4	Thursday Week 4	Friday Week 4
Main Meal Choice	Main Meal Choice	Main Meal Choice	Main Meal Choice	Main Meal Choice
Chicken Tikka Masala with ½ Steamed Vegetable Rice & ½ Naan Bread	Minced Beef Lasagne with Crusty Bread & Mixed Salad	Roast Chicken with Duchess Potatoes, Carrots, Green Beans & Gravy	Beef Chow Mein Noodles	Fish Cake with Diced Potatoes, Garden Peas & Sweetcorn
Sweet Potato & Chickpea Curry with ½ Steamed Vegetable Rice & ½ Naan Bread	Gammon Steak with New Potatoes, Green Beans & Gravy	Fish Pie topped with Mashed Potatoes, served with Garden Peas	Cajun Chicken Wrap	Turkey in BBQ Sauce with Vegetable Rice
Vegetarian Choice	Vegetarian Choice	Vegetarian Choice	Vegetarian Choice	Vegetarian Choice
(V) Mushroom Omelette	(V) Vegetarian Mince Lasagne with Crusty Bread & Mixed Salad	(V) Roast Quorn Fillet	(V) Vegetable Chow Mein Noodles	(V) Roasted Vegetable Tart with New Potatoes & Broccoli
Pasta Choice	Pasta Choice	Pasta Choice	Pasta Choice	Pasta Choice
(V) Tomato & Pesto Pasta	(V) Pasta Arrabiatta	(V) Wholemeal Pasta in Tomato Sauce	(V) Creamy Tomato Pasta	(V) Macaroni Cheese
Potatoes, Sandwiches and Salad Options				
A selection of Jacket Potatoes with a variety of Fillings, Sandwiches/Rolls/ Baguettes/Pasta Pots & Salad Selection. Please see our separate menus for Allergen information.				
Dessert Choice				
Apple Sponge with Cream	Crunchy Top Pudding with Custard	Strawberry muffin	Cinnamon Sponge with Custard	Vanilla & Chocolate Ice Cream Cones
Alternative Dessert Options				
Selection of Plain, Chocolate, Cherry, Ginger and Oat Cookies and Muffins	Selection of Plain, Chocolate, Cherry, Ginger and Oat Cookies and Muffins	Selection of Plain, Chocolate, Cherry, Ginger and Oat Cookies and Muffins	Selection of Plain, Chocolate, Cherry, Ginger and Oat Cookies and Muffins	Selection of Plain, Chocolate, Cherry, Ginger and Oat Cookies and Muffins
Fruit Selection	Fruit Selection	Fruit Selection	Fruit Selection	Fruit Selection
Yoghurt Selection	Yoghurt Selection	Yoghurt Selection	Yoghurt Selection	Yoghurt Selection
Please see our separate Cake menu for Allergen information. 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 (Recipe Reference e.g. R00062NL) or a Chef Recipe Card for that item.				



Greenwood Academies Trust Secondary Menu



STANGROUND ACADEMY

Monday Week 5	Tuesday Week 5	Wednesday Week 5	Thursday Week 5	Friday Week 5
Main Meal Choice	Main Meal Choice	Main Meal Choice	Main Meal Choice	Main Meal Choice
Beef Burrito with Wholegrain Vegetable Rice	Lamb Balti with ½ Vegetable Rice & ½ Naan Bread	Roast Beef with Yorkshire Pudding, Roast Potatoes, Broccoli, Carrots, Cauliflower & Gravy	Non-fried Chicken with Mashed Potatoes & Sweetcorn	Fish Squares with Jacket Wedges
Minced Pork Wellington with Fondant Potatoes & Green Beans	Gluten Free Breaded Chicken Burger with Mixed Salad & New Potatoes	Haddock in Parsley Sauce with Roast Potatoes, Broccoli, carrot & Cauliflower	Bacon Spaghetti Carbonara with Mixed Salad & Garlic Bread	Turkey in Piri Piri Sauce with Sweet Chilli Noodles
Vegetarian Choice	Vegetarian Choice	Vegetarian Choice	Vegetarian Choice	Vegetarian Choice
(V) Vegetable Burrito	(V) Vegetable Korma with ½ Vegetable Rice & ½ Naan Bread	(V) Vegetable Samosa with Sweet Chilli Noodles	(V) Vegetable Spaghetti Bolognese with Mixed Salad & Garlic Bread	(V) Vegan Quorn Dippers with Jacket Wedges & Baked Beans
Pasta Choice	Pasta Choice	Pasta Choice	Pasta Choice	Pasta Choice
(V) Tomato & Lentil Pasta	(V) Macaroni Cheese	(V) Tomato & Pesto Pasta	(V) Tomato & Vegetable Pasta	(V) Wholemeal Pasta in Tomato & Basil Sauce
Potatoes, Sandwiches and Salad Options				
A selection of Jacket Potatoes with a variety of Fillings, Sandwiches/Rolls/ Baguettes/Pasta Pots & Salad Selection. Please see our separate menus for Allergen information.				
Dessert Choice				
Apple Flapjack	Strawberry Shortcake	Syrup Sponge with Custard	Ginger Cake	Chocolate Ice Cream Roll
Alternative Dessert Options				
Selection of Plain, Chocolate, Cherry, Ginger and Oat Cookies and Muffins	Selection of Plain, Chocolate, Cherry, Ginger and Oat Cookies and Muffins	Selection of Plain, Chocolate, Cherry, Ginger and Oat Cookies and Muffins	Selection of Plain, Chocolate, Cherry, Ginger and Oat Cookies and Muffins	Selection of Plain, Chocolate, Cherry, Ginger and Oat Cookies and Muffins
Fruit Selection	Fruit Selection	Fruit Selection	Fruit Selection	Fruit Selection
Yoghurt Selection	Yoghurt Selection	Yoghurt Selection	Yoghurt Selection	Yoghurt Selection
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Greenwood Academies Trust Secondary Menu



Monday Week 6	Tuesday Week 6	Wednesday Week 6	Thursday Week 6	Friday Week 6
Main Meal Choice	Main Meal Choice	Main Meal Choice	Main Meal Choice	Main Meal Choice
Stanine Gs' Piri Piri Chicken with ½ Corn on the Cob	Beef Burger with Diced Potatoes & Mixed Salad	Chicken & Pepper Pasta Bake with Mixed Salad & Garlic Bread	Minced Lamb & Roasted Vegetable Pitta with Diced Potatoes	Fish Fingers with Potato Wedges & Garden Peas
Ham & Cheese Turnover with Creamed potatoes, Garden Peas & Gravy	Fish Goujons with New Potatoes & Sweetcorn	Warm served Turkey & Stuffing Baguette with Mixed Salad	Ham & Cheese Pizza with ½ Baked Potato & Baked Beans	Minced Beef Bolognese in Five Vegetable Sauce & Pasta
Vegetarian Choice	Vegetarian Choice	Vegetarian Choice	Vegetarian Choice	Vegetarian Choice
(V) Vegan Sausage with Creamed Potatoes, Garden Peas & Gravy	(V) Vegan Vegetable Burger with Diced Potatoes & Mixed Salad	(V) Roast Quorn Fillet with Roast Potatoes, Green Beans & Gravy	(V) Cheese & Tomato Pizza with ½ Baked Potato & Baked Beans	(V) Vegetable Spring Rolls with Sweet Chilli Noodles
Pasta Choice	Pasta Choice	Pasta Choice	Pasta Choice	Pasta Choice
(V) Macaroni Cheese	(V) Wholemeal Pasta in Tomato & Basil Sauce	(V) Pasta Bolognese	(V) Tomato & Vegetable Pasta	(V) Pasta Arabiatta
Potatoes, Sandwiches and Salad Options				
A selection of Jacket Potatoes with a variety of Fillings, Sandwiches/Rolls/ Baguettes/Pasta Pots & Salad Selection. Please see our separate menus for Allergen information.				
Dessert Choice				
Chocolate Sponge with Chocolate Sauce	Fruit Cheesecake	Carrot Cake	Lemon & Raspberry Fudge Pudding	Fruity Ice Lolly
Alternative Dessert Options				
Selection of Plain, Chocolate, Cherry, Ginger and Oat Cookies and Muffins	Selection of Plain, Chocolate, Cherry, Ginger and Oat Cookies and Muffins	Selection of Plain, Chocolate, Cherry, Ginger and Oat Cookies and Muffins	Selection of Plain, Chocolate, Cherry, Ginger and Oat Cookies and Muffins	Selection of Plain, Chocolate, Cherry, Ginger and Oat Cookies and Muffins
Fruit Selection	Fruit Selection	Fruit Selection	Fruit Selection	Fruit Selection
Yoghurt Selection	Yoghurt Selection	Yoghurt Selection	Yoghurt Selection	Yoghurt Selection
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