

The Greetland Academy – SPRING/SUMMER Term Weekly Menu 2022

Healthy Choice
Higher in Fat
Higher in Sugar

Week 1

MONDAY

Pork sausage
Quorn sausage(v)
Veg chilli with rice (v)
Jacket potato with beans (v)
Jacket potato with cheese (v)

Sides
Broccoli
Carrots
Dessert
Jam sponge with custard
Mango smoothie
Fruit yoghurt

TUESDAY

Cheese and tomato pasta (v)
Veg cottage pie (v)
Jumbo pizza panini (v)

Side
Sweetcorn
Green beans
Dessert
Ginger sponge with custard
Cheesecake
Yoghurt

WEDNESDAY

Roast beef with Yorkshire
Quorn sausage with Yorkshire (v)
Sweet Potato Curry with Rice (V)
Jacket potato with tuna mayo
Jacket potato with cheese (v)

Sides
Mixed vegetables
Cauliflower
Dessert
Chocolate fudge cake
Jelly delight
Yoghurt

THURSDAY

Cheese and tomato pizza with chips (V)
Macaroni cheese with garlic bread (v)

Sides
Baked beans
Peas
Dessert
Syrup sponge and custard
Vanilla ice cream
Yoghurt

FRIDAY

Jumbo fish finger
Quorn burger in gravy (v)
(above with Mashed potato)
Jumbo cheese panini (v)

Sides
Sweetcorn
Broccoli
Dessert
Butterfly bun
Ice cream sponge roll
Yoghurt

Week 2

MONDAY

Hot dog with Wedges
Quorn dog with Wedges (v)
Veggie bolognaise (v)
Jacket potato with cheese (v)
Jacket potato with Tuna mayo

Sides
Mixed vegetables
Baked beans
Dessert
Marble sponge with choc custard
Vanilla ice cream tub
Yoghurt

TUESDAY

Beef Lasagne with garlic bread
Quorn Lasagne with garlic bread(v)
Tuna melt panini

Sides
Sweetcorn
Green beans
Dessert
Jam Pasty
Decorated jelly
Yoghurt

WEDNESDAY

Chicken pie
Quorn hotpot (v)
Jacket potato with cheese (v)
Jacket potato with Beans (v)

Sides
Spring cabbage
Diced carrots
Dessert
Orange muffin
Strawberry ice cream
Yoghurt

THURSDAY

Cheese Pizza with smiles (v)
Cheese and tomato pasta bake (v)

Sides
Baked Beans
Peas
Dessert
Chocolate sponge with custard
Melon boat
Yoghurt

FRIDAY

Chicken fillet burger in a bun
Southern Quorn burger in a bun (v)
Pizza panini (v)

Sides
Sweetcorn
Spaghetti hoops
Dessert
Fruit flapjack
Chocolate mousse
Yoghurt

Week 3

MONDAY

Pork sausage roll
Quorn sausage roll (v)
Spinach and lentil curry with rice (v)
Jacket potato with beans (v)

Sides
Broccoli
Carrots
Dessert
Shortcake with custard
Cheese and crackers
Yoghurt

TUESDAY

Pasta bolognaise
Veggie bolognaise (v)
Ham and cheese panini
Pizza panini (v)

Sides
Peas
Green beans
Dessert
Toffee sponge with custard
Chocolate ice cream
Yoghurt

WEDNESDAY

Cheese burger in a bun
Quorn cheeseburger in a bun (v)
Cheese and red pepper omelette (v)
Jacket potato with cheese (v)
Jacket potato with tuna mayo

Sides
Sweetcorn
Baked beans
Dessert
Blueberry muffin
Strawberry jelly
Yoghurt

THURSDAY

Cheese & Tomato Pizza and chips (v)
Fisherman's Pie

Sides
Spaghetti hoops
Peas
Dessert
Chocolate brownie
Strawberry mousse
Yoghurt

FRIDAY

Chicken nuggets
Cheese pasty (v)
(above with Potato wedges)
Jumbo cheese panini (v)

Sides
Mixed vegetable
Broccoli
Dessert
Carrot cake
Chocolate delight
Yoghurt

All our food is mainly home produced and all cooked fresh on site

Fresh salad, fruit and bread available daily

Our menu conforms to the [School Foods Standards](#)

All desserts are suitable for vegetarians

We aim to reduce sugar levels in our desserts by 25% and replace with fruit where possible