



GREENWOOD ACADEMIES TRUST

Sample Menus for the City of Peterborough Academy

Monday Week 1	Tuesday Week 1	Wednesday Week 1	Thursday Week 1	Friday Week 1
Main Meal Choice	Main Meal Choice	Main Meal Choice	Main Meal Choice	Main Meal Choice
Chicken & Mushroom Pie	Gammon Steak and Pineapple Slice	Roast Turkey with Stuffing	Grilled Smoked Haddock	Beef Quarter Pounder Burger
Vegetarian Sausage Roll	Chargrilled Chicken Wrap	Shepherds Pie	Spaghetti Bolognese	Chicken Tikka Masala and Rice
Pasta in Bolognese Sauce	Pasta in Tomato and Pesto Sauce	Pasta in Tomato and Basil Sauce	Pasta in Arrabiatta Sauce	Pasta in a Vegetale Sauce
Cod Fish Fillet Finger	Vegetable Quarter Pounder Burger	Cheese and Tomato Omelettes	Assorted Pizza	Quorn Meatballs with Tagliatelle
Beef Rogan Josh with Steamed Rice	Minced Quorn Chilli with Rice	Sweet Potato and Spinach Balti	Vegetable Moussaka	Salmon Topped and Tomato Sauce
Jacket Potato with a selection of fillings	Jacket Potato with a selection of fillings	Jacket Potato with a selection of fillings	Jacket Potato with a selection of fillings	Jacket Potato with a selection of fillings
Sandwich/Roll/Baguette Selection	Sandwich/Roll/Baguette Selection	Sandwich/Roll/Baguette Selection	Sandwich/Roll/Baguette Selection	Sandwich/Roll/Baguette Selection
Pasta Pot/Salad Selection	Pasta Pot/Salad Selection	Pasta Pot/Salad Selection	Pasta Pot/Salad Selection	Pasta Pot/Salad Selection
Potatoes and Vegetables Choice	Potatoes and Vegetables Choice	Potatoes and Vegetables Choice	Potatoes and Vegetables Choice	Potatoes and Vegetables Choice
Creamed Potatoes	Creamed Potatoes	Creamed Potatoes	Creamed Potatoes	Creamed Potatoes
Boiled Potatoes	Boiled Potatoes	Roast Potatoes	Garlic Bread	New Potatoes
Garden Peas	Whole Green Beans	Carrots	Macedoine Mixed Vegetables	Sweetcorn
Country Veg Mix	Grilled Mixed Veg	Cabbage	Whole Baby Corn	Broccoli
Dessert Choice	Dessert Choice	Dessert Choice	Dessert Choice	Dessert Choice
Eve's Pudding with Custard Sauce	Date Slice with Custard Sauce	Ice Cream Roll	Pear Crumble with Custard Sauce	Strawberry Shortbread
Selection of Cakes	Selection of Cakes	Selection of Cakes	Selection of Cakes	Selection of Cakes
Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit
Yoghurt	Yoghurt	Yoghurt	Yoghurt	Yoghurt
Fruit Pots	Fruit Pots	Fruit Pots	Fruit Pots	Fruit Pots
Drinks Choice	Drinks Choice	Drinks Choice	Drinks Choice	Drinks Choice
Mineral Water	Mineral Water	Mineral Water	Mineral Water	Mineral Water
Fruit Juice Selection	Fruit Juice Selection	Fruit Juice Selection	Fruit Juice Selection	Fruit Juice Selection
Flavoured Milk Selection	Flavoured Milk Selection	Flavoured Milk Selection	Flavoured Milk Selection	Flavoured Milk Selection



GREENWOOD ACADEMIES TRUST

Monday Week 2	Tuesday Week 2	Wednesday Week 2	Thursday Week 2	Friday Week 2
Main Meal Choice	Main Meal Choice	Main Meal Choice	Main Meal Choice	Main Meal Choice
Chicken Breast and Chasseur Sauce	Cottage Pie	Roast Lamb with Mint Sauce	Pork and Vegetable Pie	Pork Meatballs with Tagliatelle
Oven baked Haddock	Cheese and Tomato Baguettes	Red Onion and Broccoli Quiche	Fish Cake in Natural Crumb	Quorn Sausage Casserole
Cheese and Vegetable Bake	Sweet and Sour Turkey with Rice	Beef in Oriental Sauce and Noodles	Quorn Fillet in Barbeque Sauce	Cheese and Onion Slice
Pasta in Arrabiatta Sauce	Pasta in Tomato and Basil Sauce	Pasta with Bolognese sauce	Pasta in Vegetale Sauce	Pasta in a Creamy Tomato Sauce
Beef Balti with Steamed Rice	Salmon and Broccoli Pasta	Vegetable Cottage Pie	Chicken and Crème Fraiche Pasta	Beef Goulash
Jacket Potato with a selection of fillings	Jacket Potato with a selection of fillings	Jacket Potato with a selection of fillings	Jacket Potato with a selection of fillings	Jacket Potato with a selection of fillings
Sandwich/Roll/Baguette Selection	Sandwich/Roll/Baguette Selection	Sandwich/Roll/Baguette Selection	Sandwich/Roll/Baguette Selection	Sandwich/Roll/Baguette Selection
Pasta Pot/Salad Selection	Pasta Pot/Salad Selection	Pasta Pot/Salad Selection	Pasta Pot/Salad Selection	Pasta Pot/Salad Selection
Potatoes and Vegetables Choice	Potatoes and Vegetables Choice	Potatoes and Vegetables Choice	Potatoes and Vegetables Choice	Potatoes and Vegetables Choice
Creamed Potatoes	Creamed Potatoes	Creamed Potatoes	Creamed Potatoes	Creamed Potatoes
New Potatoes	New Potatoes	Roast Potatoes	New Potatoes	Garlic Bread
Baby Corn Cobs	Broccoli	Carrots	Sweet Corn	Garden Peas
Cauliflower Cheese	Mixed Grilled Vegetables	Cabbage	Whole Green Beans	Roast Parsnips
Dessert Choice	Dessert Choice	Dessert Choice	Dessert Choice	Dessert Choice
Blueberry Sponge & Custard Sauce	Blackberry and Apple Crumble	Fruit Jelly Sundae	Black Cherry Sponge with Chocolate Sauce	Carrot Cake with Cream Cheese Frosting
Selection of Cakes	Selection of Cakes	Selection of Cakes	Selection of Cakes	Selection of Cakes
Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit
Yoghurt	Yoghurt	Yoghurt	Yoghurt	Yoghurt
Fruit Pots	Fruit Pots	Fruit Pots	Fruit Pots	Fruit Pots
Drinks Choice	Drinks Choice	Drinks Choice	Drinks Choice	Drinks Choice
Mineral Water	Mineral Water	Mineral Water	Mineral Water	Mineral Water
Fruit Juice Selection	Fruit Juice Selection	Fruit Juice Selection	Fruit Juice Selection	Fruit Juice Selection
Flavoured Milk Selection	Flavoured Milk Selection	Flavoured Milk Selection	Flavoured Milk Selection	Flavoured Milk Selection



GREENWOOD ACADEMIES TRUST

Monday Week 3	Tuesday Week 3	Wednesday Week 3	Thursday Week 3	Friday Week 3
Main Meal Choice	Main Meal Choice	Main Meal Choice	Main Meal Choice	Main Meal Choice
Chicken Korma with Boiled Rice	Lemon Pepper Haddock	Roast Pork with Apple Sauce	Chicken Breast	Beef Enchiladas
Sausage	Turkey Burger in a Bun	Braised Beef with Cheese Scones	Quorn Cacciatore with Penne Pasta	Fish Pie
Salmon Fish Fingers	Macaroni Cheese	Mozzarella Burger in a Bun	Cheese & Tomato Baguette	Spanish Quiche
Pasta in Arrabiatta Sauce	Pasta in Tomato & Basil Sauce	Pasta with Bolognese sauce	Pasta in Vegetale Sauce	Pasta in a Creamy Tomato Sauce
Cheese & Potato Pie	Szechuan Pork with Steamed Rice	Quorn Jalfrezi with Steamed Rice	Lamb Rogan Josh with Steamed Rice	Vegetable Lasagne
Jacket Potato with a selection of fillings	Jacket Potato with a selection of fillings	Jacket Potato with a selection of fillings	Jacket Potato with a selection of fillings	Jacket Potato with a selection of fillings
Sandwich/Roll/Baguette Selection	Sandwich/Roll/Baguette Selection	Sandwich/Roll/Baguette Selection	Sandwich/Roll/Baguette Selection	Sandwich/Roll/Baguette Selection
Pasta Pot/Salad Selection	Pasta Pot/Salad Selection	Pasta Pot/Salad Selection	Pasta Pot/Salad Selection	Pasta Pot/Salad Selection
Potatoes and Vegetables Choice	Potatoes and Vegetables Choice	Potatoes and Vegetables Choice	Potatoes and Vegetables Choice	Potatoes and Vegetables Choice
Creamed Potatoes	Creamed Potatoes	Creamed Potatoes	Creamed Potatoes	Creamed Potatoes
New Potatoes	New Potatoes	Roast Potatoes	Boiled Potatoes	Garlic Bread
Sliced Green Beans	Cauliflower Cheese	Country Veg Mix	Carrots	Whole Green Beans
Sweetcorn	Garden Peas	Roast Parsnips	Cabbage	Baby Corn
Dessert Choice	Dessert Choice	Dessert Choice	Dessert Choice	Dessert Choice
Chocolate Sponge & Chocolate Sauce	Apple & Raspberry Crunch & Custard	Mixed Danish Pastries	Madeleine Sponge with Custard Sauce	Fruit Jelly
Selection of Cakes	Selection of Cakes	Selection of Cakes	Selection of Cakes	Selection of Cakes
Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit
Yoghurt	Yoghurt	Yoghurt	Yoghurt	Yoghurt
Fruit Pots	Fruit Pots	Fruit Pots	Fruit Pots	Fruit Pots
Drinks Choice	Drinks Choice	Drinks Choice	Drinks Choice	Drinks Choice
Mineral Water	Mineral Water	Mineral Water	Mineral Water	Mineral Water
Fruit Juice Selection	Fruit Juice Selection	Fruit Juice Selection	Fruit Juice Selection	Fruit Juice Selection
Flavoured Milk Selection	Flavoured Milk Selection	Flavoured Milk Selection	Flavoured Milk Selection	Flavoured Milk Selection



GREENWOOD ACADEMIES TRUST

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
Lemon and Parsley Haddock	Turkey and Mushroom Pie	Roast Beef with Yorkshire Pudding	Chicken with a Barbeque Sauce	Breaded Chicken Fillets
Chicken Tikka Masala with rice	Beef Chilli Hotpot	Chinese Pork Steak	Tuna Fishcakes with Salsa Sauce	Lamb Jalfrezi with Rice
Vegetable Samosas	Assorted Melt Baguettes	Vegetable Plait	Pizza Selection	Peri Peri Burger
Pasta in Arrabiatta Sauce	Pasta in Tomato and Basil Sauce	Pasta with Bolognese sauce	Pasta in Vegetale Sauce	Pasta in a Creamy Tomato Sauce
Cheese and Tomato Omelette	Broccoli and Cheese Potato Bake	Quorn Rogan Josh with Rice	Baked Vegetable Biryani	Vegetable Cottage Pie
Jacket Potato with a selection of fillings	Jacket Potato with a selection of fillings	Jacket Potato with a selection of fillings	Jacket Potato with a selection of fillings	Jacket Potato with a selection of fillings
Sandwich/Roll/Baguette Selection	Sandwich/Roll/Baguette Selection	Sandwich/Roll/Baguette Selection	Sandwich/Roll/Baguette Selection	Sandwich/Roll/Baguette Selection
Pasta Pot/Salad Selection	Pasta Pot/Salad Selection	Pasta Pot/Salad Selection	Pasta Pot/Salad Selection	Pasta Pot/Salad Selection
Potatoes and Vegetables Choice	Potatoes and Vegetables Choice	Potatoes and Vegetables Choice	Potatoes and Vegetables Choice	Potatoes and Vegetables Choice
Creamed Potatoes	Creamed Potatoes	Creamed Potatoes	Creamed Potatoes	Creamed Potatoes
New Potatoes	New Potatoes	Roast Potatoes	New Potatoes	New Potatoes
Cauliflower Cheese	Garden Peas	Cabbage	Whole Baby Corn	Country Vegetable Mix
Sweetcorn	Macedoine Vegetables	Carrots	Broccoli	Whole Green Beans
Dessert Choice	Dessert Choice	Dessert Choice	Dessert Choice	Dessert Choice
Chocolate & Pear Sponge and Custard	Crunchy Pudding with Custard	Marble Sponge and Custard	Frozen Yoghurt	Summer Fruit Sponge and Custard
Selection of Cakes	Selection of Cakes	Selection of Cakes	Selection of Cakes	Selection of Cakes
Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit
Yoghurt	Yoghurt	Yoghurt	Yoghurt	Yoghurt
Fruit Pots	Fruit Pots	Fruit Pots	Fruit Pots	Fruit Pots
Drinks Choice	Drinks Choice	Drinks Choice	Drinks Choice	Drinks Choice
Mineral Water	Mineral Water	Mineral Water	Mineral Water	Mineral Water
Fruit Juice Selection	Fruit Juice Selection	Fruit Juice Selection	Fruit Juice Selection	Fruit Juice Selection
Flavoured Milk Selection	Flavoured Milk Selection	Flavoured Milk Selection	Flavoured Milk Selection	Flavoured Milk Selection



GREENWOOD ACADEMIES TRUST

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
Pork Butterfly Breast	Beef and Mushroom Pie	Roast Chicken Breast	Lamb Hotpot	Beef Lasagne
Turkey and Vegetable Pitta Bread	Cheese and Onion Pasty	Chilli Con Carne with boiled rice	Cajun Pork Steak	Panini Selection
Tuna Pasta Bake	Pasta in Tomato & Pesto Sauce	Vegetable Canneloni	Fish Fillet Squares	Haddock in a Parsley Sauce
Pasta in Arrabiatta Sauce	Vegetarian Baguettes	Pasta in Vegetale Sauce	Pasta in Bolognese Sauce	Pasta in a Creamy Tomato Sauce
Quorn Tikka Masala with Rice	Chicken Burritos	Vegetable Burritos	Cheese and Onion Quiche	Quorn Fajitas
Jacket Potato with a selection of fillings	Jacket Potato with a selection of fillings	Jacket Potato with a selection of fillings	Jacket Potato with a selection of fillings	Jacket Potato with a selection of fillings
Sandwich/Roll/Baguette Selection	Sandwich/Roll/Baguette Selection	Sandwich/Roll/Baguette Selection	Sandwich/Roll/Baguette Selection	Sandwich/Roll/Baguette Selection
Pasta Pot/Salad Selection	Pasta Pot/Salad Selection	Pasta Pot/Salad Selection	Pasta Pot/Salad Selection	Pasta Pot/Salad Selection
Potatoes and Vegetables Choice	Potatoes and Vegetables Choice	Potatoes and Vegetables Choice	Potatoes and Vegetables Choice	Potatoes and Vegetables Choice
Creamed Potatoes	Creamed Potatoes	Creamed Potatoes	Creamed Potatoes	Creamed Potatoes
Roast Potatoes	Boiled Potatoes	Garlic Bread	Boiled Potatoes	Boiled Potatoes
Broccoli	Peas & Corn	Cabbage	Sweetcorn	Whole Baby Corn
Carrots	Sliced Green Beans	Macedoine Mixed Vegetables	Country Vegetable Mix	Whole Green Beans
Dessert Choice	Dessert Choice	Dessert Choice	Dessert Choice	Dessert Choice
Syrup Sponge with Custard Sauce	Apple Crumble and Custard Sauce	Strawberry Ice Cream Cones	Bakewell Tart with Custard Sauce	Cheesecake with Fruit Topping
Selection of Cakes	Selection of Cakes	Selection of Cakes	Selection of Cakes	Selection of Cakes
Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit
Yoghurt	Yoghurt	Yoghurt	Yoghurt	Yoghurt
Fruit Pots	Fruit Pots	Fruit Pots	Fruit Pots	Fruit Pots
Drinks Choice	Drinks Choice	Drinks Choice	Drinks Choice	Drinks Choice
Mineral Water	Mineral Water	Mineral Water	Mineral Water	Mineral Water
Fruit Juice Selection	Fruit Juice Selection	Fruit Juice Selection	Fruit Juice Selection	Fruit Juice Selection
Flavoured Milk Selection	Flavoured Milk Selection	Flavoured Milk Selection	Flavoured Milk Selection	Flavoured Milk Selection



GREENWOOD ACADEMIES TRUST

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
Ham, Mushroom and Leek Pasta Bake	Chicken Casserole with Herb Scones	Roast Pork with Apple Sauce	Lamb Moussaka	Szechuan Chicken with Rice
Cod Fish Fingers	Sundried Tomato Carbonara	Turkey Meatballs & Tagliatelle	Chinese Chicken Breast Kebabs	Haddock with Chilli Butter
Cumberland Pie	Grilled Vegetable Tart	Quorn Korma with Rice	Selection of Pizza	Minced Quorn Bolognese
Pasta in Arrabiatta Sauce	Pasta in Tomato and Basil Sauce	Pasta with Bolognese sauce	Pasta in Vegetale Sauce	Pasta in a Creamy Tomato Sauce
Spicy Bean Burger	Steak and Vegetable Pie	Cod Mornay	Cheese and Onion Whirls	Cornish Pasty
Jacket Potato with a selection of fillings	Jacket Potato with a selection of fillings	Jacket Potato with a selection of fillings	Jacket Potato with a selection of fillings	Jacket Potato with a selection of fillings
Sandwich/Roll/Baguette Selection	Sandwich/Roll/Baguette Selection	Sandwich/Roll/Baguette Selection	Sandwich/Roll/Baguette Selection	Sandwich/Roll/Baguette Selection
Pasta Pot/Salad Selection	Pasta Pot/Salad Selection	Pasta Pot/Salad Selection	Pasta Pot/Salad Selection	Pasta Pot/Salad Selection
Potatoes and Vegetables Choice	Potatoes and Vegetables Choice	Potatoes and Vegetables Choice	Potatoes and Vegetables Choice	Potatoes and Vegetables Choice
Creamed Potatoes	Creamed Potatoes	Creamed Potatoes	Creamed Potatoes	Creamed Potatoes
New Potatoes	Garlic Bread	Roast Potatoes	Garlic Bread	New Potatoes
Whole Baby Corn	Broccoli	Carrots	Country Veg Mix	Sweet corn
Garden Peas	Cabbage	Brussels Sprouts	Whole Green Beans	Grilled Mixed Vegetables
Dessert Choice	Dessert Choice	Dessert Choice	Dessert Choice	Dessert Choice
Lemon Sponge with Custard	Apple Turnovers	Banana Sponge and Fudge Sauce	Bread & Butter Pudding and Custard	Strawberry Flan
Selection of Cakes	Selection of Cakes	Selection of Cakes	Selection of Cakes	Selection of Cakes
Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit
Yoghurt	Yoghurt	Yoghurt	Yoghurt	Yoghurt
Fruit Pots	Fruit Pots	Fruit Pots	Fruit Pots	Fruit Pots
Drinks Choice	Drinks Choice	Drinks Choice	Drinks Choice	Drinks Choice
Mineral Water	Mineral Water	Mineral Water	Mineral Water	Mineral Water
Fruit Juice Selection	Fruit Juice Selection	Fruit Juice Selection	Fruit Juice Selection	Fruit Juice Selection
Flavoured Milk Selection	Flavoured Milk Selection	Flavoured Milk Selection	Flavoured Milk Selection	Flavoured Milk Selection