



SKEGBY JUNIOR ACADEMY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Chicken Tikka Masala with Steamed Wholegrain Vegetable Rice	Braised Beef Steak, Creamed Potatoes, Cabbage, Mixed Vegetables & Gravy	Roast Pork with Apple Sauce, Roast Potatoes, Carrots, Broccoli & Gravy	Meat/Fish Pizza Selection, Mixed Salad & Coleslaw or Baked Beans	Fish Fingers, New Potatoes & Baked Beans
(V) Vegetarian Chilli with Wholegrain Rice & Crusty Bread	(V) Pasta in Chunky Vegetable Sauce with Crusty Bread & Mixed Salad	(V) Roast Quorn Fillet, Roast Potatoes, Carrots, Broccoli & Gravy	(V) Vegetarian Pizza Selection, Mixed Salad & Coleslaw or Baked Beans	(V) Cheese & Onion Quiche, New Potatoes & Baked Beans
Jacket Potato with Cheese (V)	Jacket Potato with Tuna Mayonnaise or Baked Beans	Jacket Potato with Chicken Mayonnaise	Jacket Potato with Coleslaw or Baked Beans (V)	Jacket Potato with Cheese(V)
Sandwich Selection (Choose from cheese, ham, turkey, tuna mayonnaise, chicken mayonnaise & jam)				
Dessert Choice Chocolate & Pear Sponge	Dessert Choice Crunchy Pudding	Dessert Choice Yoghurt Selection (V)	Dessert Choice Homemade Cherry Cookie &	Dessert Choice Summer Fruit Sponge
A selection of yoghurt, fresh fruit and bread is available on a daily basis.				

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