# MENU

THE FOOD HUB

Autumn 2026

## WEEK 1

| | | | | |
|---|---|---|---|---|
| **MONDAY** | Thai Green Quorn Curry & Rice<br>A/F | Macaroni Cheese<br>2, 6 | Veg Burger with Wedges<br>2 | Toffee Apple Sponge<br>2, 3, 6 |
| **TUESDAY** | Teriyaki Chicken & Noodles<br>2, 3, 12 | Sweet Potato, Chickpea & Spinach<br>A/F | Chicken Burger<br>2 | Cocoa Brownie<br>2, 3 |
| **WEDNESDAY** | Chicken Roast<br>A/F | Sweet Chilli Noodles<br>2, 3, 12 | BBQ Chicken Open Wrap<br>2 | Banana Traybake<br>2, 3 |
| **THURSDAY** | Beef Lasagne<br>2, 6 | Falafel & Cous Cous Chilli Sauce<br>2 | Chilli Salsa Chicken & Rice<br>A/F | Sprinkle Cake & Fruit<br>2, 3 |
| **FRIDAY** | Battered Fish or Salmon Fish Cake<br>2, 4 | Quorn Nuggets with Chips & Beans<br>2 | Southern Chicken, Chips & Slaw<br>1, 2, | Cuban Caramel Sponge<br>2, 3, 6 |

**AVAILABLE DAILY**

Wholemeal bread, fresh salads, a variety of seasonal fresh fruit, yogurts & jacket potatoes.
Please note that all our dishes can be adapted to suit the majority of dietary requirements

**FUEL FOR EVERY FUTURE**

Catering provided by Greenshaw Learning Trust. All products are locally sourced wherever possible. All food is cooked fresh on the school site each day.
"We are dedicated to minimizing our carbon footprint by actively reducing food waste throughout our operations, from sourcing to serving. Through staff training, supplier collaboration, and customer engagement, we are committed to making a positive environmental impact."

GREENSHAW LEARNING TRUST

**ALLERGEN KEY**

1. Celery
2. Gluten
3. Eggs
4. Fish
5. Lupin
6. Milk
7. Molluscs
8. Mustard
9 Peanuts
10. Sesame
11. Crustaceans
12. Soybeans
13. Sulphites
14. Tree nuts

A/F Allergen Free

the FoodChecker

# MENU

THE FOOD HUB

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## WEEK 2

| | | | | |
|---|---|---|---|---|
| **MONDAY** | Quorn & Vegetable Ramen<br>2, 3, 12 | Chickpea Korma & Rice<br>A/F | 3 Cheese Cauliflower Pasta<br>2, 6 | Fruity Protein Flapjack<br>2 |
| **TUESDAY** | Sausage & Mash<br>2, 13 | *Gnocchi in Basil Tomato Sauce*<br>*2* | *Tandoori Chicken & Rice*<br>*3, 6* | Apple Crumble<br>2, 6 |
| **WEDNESDAY** | Chicken Roast<br>A/F | Vegetarian Sausage Roast<br>2 | *Chicken Fajita Wrap*<br>*2* | Pineapple Upside Down Cake<br>2, 3, 6, 13 |
| **THURSDAY** | Jerk Chicken Rice & Peas<br>A/F | *Tomato & Basil Protein Pasta Pot*<br>*2, 12* | *Chicken Tikka Naan*<br>*2, 3, 6* | Carrot Cake<br>2, 3 |
| **FRIDAY** | Fish Fingers<br>*2, 4* | Quorn Nuggets Chips & Beans<br>2 | Southern Chicken, Chips & Slaw<br>1, 2, | Cocoa Crunch<br>2, 3, 6 |

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# MORNING BREAK

FROM £1.00

**MONDAY**

Cheesy Nachos & Salsa (6)
Vegetable Pizza Slice (2,6)
Hash Browns (2)

**TUESDAY**

Chicken Strips (1,2,12)
Chicken Drumsticks (A/F)
Vegetable Sausage in Wholemean Bap (2)

**WEDNESDAY**

Chicken Wings (A/F)
Halal Sausage in Wholemeal Bap (2,13)
Potato Pots (A/F)

**THURSDAY**

BLT Sub Roll (2)
Chicken Drumsticks (A/F)
Homemade Cinnamon Swirl (2)

**FRIDAY**

Chicken Wings (A/F)
Meat Pizza Slice (2,6)
Pretzel (2)

# FROM THE CHILLER

## DAILY SPECIALS

**POKE BOWLS** — £2.90
Tuna
Chicken
Egg

**SALAD BOWLS** — £2.90
Mediterranean Chicken Salad with Couscous
Cheese Ploughmans
Tuna Mayo Salad

**SELECTION OF SANDWICHES, BAGUETTES & WRAPS** — FROM £2.20

**PASTA POTS** — £2.90
Chicken & Nut Free Pesto
Tomato & Basil
Asian Pasta Salad
Tuna Sweetcorn

**PROTEIN POTS**

| | |
|---|---|
| Boiled Egg & Spinach | £1.20 |
| Edamame & Soy | £1.10 |
| Chickpea & Quinoa | £1.90 |

**SMOOTHIES**

| | |
|---|---|
| Mango Fruit | £1.10 |
| Forest Fruit | £1.10 |

**FRUIT POTS** — £1.00

**YOGHURT & GRANOLA POTS** — £1.80
Forest Fruits, Granola and Yoghurt Parfait

THE FOOD HUB

# FOOD ALLERGIES TABLE

| | | |
|---|---|---|
| Celery<br>*1* | Cereals<br>(Including Gluten)<br>*2* | Eggs<br>*3* |
| Fish<br>*4* | Lupin<br>*5* | Milk (Dairy)<br>*6* |
| Molluscs<br>*7* | Mustard<br>*8* | Peanuts<br>*9* |
| Sesame Seeds<br>*10* | Shellfish<br>*11* | Soya<br>*12* |
| Sulphur Dioxide<br>(used in dried fruits, processed potatoes)<br>*13* | Tree Nuts<br>*14* | |

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# MEAL DEAL

## Main

Main meal, jacket potato, pasta/rice/noodle pot, sandwich/baguette or wrap



## +

## Snack

(A piece of fruit or yogurt or pudding/traybake



## OR

## Water



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