



**The Greenside Food Experience: Spring Term**  
**Menu: Weeks 1, 4, 7**

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<b>Monday</b>	<b>Special Veggie Curry</b> <b>Tomato and Veggie Sauce with Basmati Rice</b> <b>Spring Rolls</b> <b>Indian Chopped Salad with Papadums</b> <b>Unlimited Salad Bar Access</b>
	<b>Something Sweet: Yogurt with a Range of Toppings</b>

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<b>Tuesday</b>	<b>Savoury Rice with Boiled Eggs</b> <b>Veggie Soup with Focaccia Bread</b> <b>Greek Salad and Sourdough Bread</b> <b>Unlimited Salad Bar Access</b>
	<b>Something Sweet: Tropical Fruits</b>

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<b>Wednesday</b>	<b>Vegetarian Spaghetti Bolognese</b> <b>Jacket Potato with Cheese and Baked Beans</b> <b>Tomato and Basil Salad with Hummus</b> <b>Unlimited Salad Bar Access</b>
	<b>Something Sweet: Jam and Coconut Sponge Cake</b>

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<b>Thursday</b>	<b>Homemade Margherita Pizza</b> <b>Penne Pasta with Tomato Sauce and Basil</b> <b>Sourdough Bread</b> <b>Unlimited Salad Bar Access</b>
	<b>Something Sweet: Flapjacks</b>

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<b>Friday</b>	<b>Jacket Potato With a Range of Fillings</b> <b>Pasta Salad</b> <b>Unlimited Salad Bar Access</b>
	<b>Something Sweet: Fruity Friday</b>

**\*Alternatives are always available to meet individual needs**



## **The Greenside Food Experience: Spring Term Menu: Weeks 2, 5**

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<b>Monday</b>	<b>Penne Pasta with Pesto, Tomato or Carbonara Sauce Unlimited Salad Bar Access</b>
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**Something Sweet: Yogurt with a Range of Toppings**

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<b>Tuesday</b>	<b>Greenside Lasagne Veggie Soup with Focaccia Bread Italian Tomato and Basil Salad</b>
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**Something Sweet: Chocolate Cake**

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<b>Wednesday</b>	<b>Jacket Potato With a Range of Fillings Mixed Salad Sourdough Bread Unlimited Salad Bar Access</b>
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**Something Sweet: Fresh Pear and Apple**

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<b>Thursday</b>	<b>Hash Brown with Veggie Sausages Pasta with Penne, Tomato or Basil Sauce Sweetcorn and Coleslaw Sourdough Bread Unlimited Salad Bar Access</b>
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**Something Sweet: Flapjacks**

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<b>Friday</b>	<b>Greenside Burritos Nachos Tomato Salsa Wraps with Salad, Cheese and Hummus Unlimited Salad Bar Access</b>
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**Something Sweet: Fruity Friday**

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**The Greenside Food Experience: Spring Term**  
**Menu: Weeks 3,6**

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**Monday**      **Quinoa Mac and Cheese**  
**Wrap with Hummus and Cheese**  
**Unlimited Salad Bar Access**

**Something Sweet: Yoghurt with Blueberry Sauce**

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**Tuesday**      **Stir Fry Noodles with Eggs**  
**Thai Soup with Focaccia Bread**  
**Seaweed Salad and Spring Rolls**  
**Unlimited Salad Bar Access**

**Something Sweet: Apples**

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**Wednesday**      **Coconut Rice with Bean Stew or Tomato Sauce**  
**Plantain**  
**Cucumber Salad**  
**Sourdough Bread**  
**Unlimited Salad Bar Access**

**Something Sweet: Ginger Cake**

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**Thursday**      **Nuggets and French Fries with Ketchup or Herb Mayo**  
**Penne Pasta with Tomato or Basil Sauce**  
**Cucumber Salad**  
**Sourdough Bread**  
**Unlimited Salad Bar Access**

**Something Sweet: Peach Crumble**

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**Friday**      **Veggie Chilli with Potato Rosti**  
**Mixed Salad**  
**Unlimited Salad Bar Access**

**Something Sweet: Fruity Friday**

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