Astrea Academy Trust
LEARN, THRIVE, SUCCEED

Highgate Academy
Week One

Day	Main Meal	Vegetarian Option	Side Dishes	Sandwiches	Desserts
Meat Free Monday	Cheese & Bean Pasty	Cheese & Tomato Quiche	Homemade Chunky Paprika Potato Wedges Baked Beans	Cheese Sandwich Tuna Mayo Sandwich Ham Sandwich	Shortbread Biscuit
Tuesday	Beef Bolognese	Vegetable Bolognese	Homemade Garlic Bread Seasonal Vegetables Pasta	Cheese Sandwich Tuna Mayo Sandwich Ham Sandwich	Chocolate & Orange Cookie
Wednesday	Roast Pork Sausage	Veggie Sausage	Mashed Potatoes Seasonal Vegetables Gravy	Cheese Sandwich Tuna Mayo Sandwich Ham Sandwich	Fruit Jelly
Thursday	BBQ Chicken Burger In a Bun	Veggie Burger In a Bun	Smashed New Potatoes Seasonal Vegetables Baked beans	Cheese Sandwich Tuna Mayo Sandwich Ham Sandwich	Marble Sponge & Custard
Friday	Breaded Fish Fingers	Cheese & Tomato Pasta Bake	Chips Sweetcorn Garden Peas	Cheese Sandwich Tuna Mayo Sandwich Ham Sandwich	Ice Cream

Jacket Potatoes, Seasonal Vegetables and Fresh Fruit are served daily

Please ensure all allergies are reported to the school office to allow us to create a tailored menu to suit your needs

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Highgate Academy
Week Two

Day	Main Meal	Vegetarian Option	Side Dishes	Sandwiches	Desserts
Meat Free Monday	Cheese & Tomato Pizza	Cheese & Tomato Pizza	Homemade Spiced Wedges Seasonal Vegetables	Cheese Sandwich Tuna Mayo Sandwich Ham Sandwich	Chocolate & Beetroot Brownie
Tuesday	All Day Breakfast With Pork Sausages	All Day Breakfast with Veggie Sausages	Scrambled Egg Baked Beans Potato Hash Toast	Cheese Sandwich Tuna Mayo Sandwich Ham Sandwich	Jam Sponge & Custard
Wednesday	Roast Chicken Breast	Roast Quorn Fillet	Baby New Potatoes Seasonal Vegetables Stuffing Gravy	Cheese Sandwich Tuna Mayo Sandwich Ham Sandwich	Apple Flapjack
Thursday	Beef Burger In A Bun	Quorn Burger In A Bun	New Potatoes Seasonal Vegetables	Cheese Sandwich Tuna Mayo Sandwich Ham Sandwich	Fresh Fruit & Yoghurt
Friday	Breaded Fish Fingers	Quorn Bites	Chips Garden Peas Baked Beans	Cheese Sandwich Tuna Mayo Sandwich Ham Sandwich	Ice Cream

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Highgate Academy
Week Three

Day	Main Meal	Vegetarian Option	Side Dishes	Sandwiches	Desserts
Meat Free Monday	Mac & Cheese	Tomato Pasta	New Potatoes Seasonal Vegetables	Cheese Sandwich Tuna Mayo Sandwich Ham Sandwich	Vanilla & Orange Sponge with Custard
Tuesday	Homemade Beef & Onion Meatballs	Veggie Meatballs	Homemade Bread Pasta Seasonal Vegetables	Cheese Sandwich Tuna Mayo Sandwich Ham Sandwich	Lemon Drizzle Cake
Wednesday	Roast Gammon	Roast Quorn Fillet	Roast Potatoes Seasonal Vegetables Gravy	Cheese Sandwich Tuna Mayo Sandwich Ham Sandwich	Fruit & Yoghurt
Thursday	Pork Sausage Hot Dogs	Quorn Sausage Hot Dogs	Diced Potatoes Seasonal Vegetables	Cheese Sandwich Tuna Mayo Sandwich Ham Sandwich	Oat Cookie
Friday	Chicken Bites	Cheese & Bean Pasty	Chips Baked Beans	Cheese Sandwich Tuna Mayo Sandwich Ham Sandwich	Ice Cream

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Highgate Academy
Allergen List



Eggs



Lupin



Sulphites



Fish



Crustaceans



Nuts



Milk



Soya



Gluten



Sesame



Celery



Peanuts



Molluscs



Mustard