

# Netherwood Academy Lunch Menu

## Family Dining



**DAY**

**MAINS**

**VEGETARIAN**

**SIDES**

**DESSERTS**

**MONDAY**

Beef Bolognese Served  
With Penne Pasta



Vegetarian Bolognese  
Served With  
Penne Pasta



Seasonal Vegetables  
Garlic Bread



Vanilla Sponge Cake  
Fresh Fruit



**TUESDAY**

Homemade Chicken  
Curry



Homemade Vegetable  
Curry



Naan Bread  
Whole Grain Rice

Fresh Fruit

**WEDNESDAY**

Roast Chicken &  
Roast Potatoes

Quorn Fillet &  
Roast Potatoes &



Seasonal Vegetables  
Yorkshire Pudding  
Gravy



Vanilla Cookie  
Fresh Fruit



**MEAT FREE  
THURSDAY**

Creamy Tomato  
Pasta



Creamy Tomato  
Pasta



Cucumber & Mint Salad  
Garlic Bread



Chocolate Sponge Cake  
Fresh Fruit



**FRIDAY**

Crispy Chicken Burger



Crispy Vegetable Burger



Baked Beans  
Garden Peas  
Chips

Ice Cream Pot  
Fresh Fruit



Please make the kitchen team aware of any allergies you have

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**MONDAY**

Meatball pasta



Vegetable Pasta



Grated Cheese  
Cucumber Salad  
Garlic bread



Flapjack  
Fresh Fruit



**TUESDAY**

Chicken Fajitas



Vegetable Fajitas



Seasonal Vegetables

Ginger cookie



**WEDNESDAY**

Roast Pork Sausage &  
Roast Potatoes



Roast Quorn Sausage  
& Roast Potatoes



Seasonal Vegetables  
Yorkshire Pudding  
Gravy



Fresh Fruit

**MEAT FREE  
THURSDAY**

Homemade Lentil & Potato  
Curry



Homemade Vegetable Curry



Naan Bread  
Wholegrain Rice

Lemon Sponge  
Fresh Fruit



**FRIDAY**

Beef Burger in a Bun



Veggie Burger in a Bun



Garden Peas  
Chips

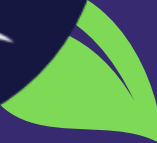
Ice Cream Pot  
Fresh Fruit



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**MONDAY**

**Homemade  
Beef Chilli**

**Homemade  
Vegetable Chilli**

**Braised Cumin & Courgette  
Rice**

**Shortbread  
Fresh Fruit**



**TUESDAY**

**Build Your Own Jacket  
Potato**

**Build Your Own Jacket  
Potato**

**Salad - Tuna  
Baked Beans - Cheese**

**Rice Crispy Cake  
Fresh Fruit**



**WEDNESDAY**

**Roast Pork Sausage with  
New Potatoes**



**Quorn Fillet with New  
Potatoes**



**Seasonal Vegetables  
Yorkshire Pudding  
Gravy**



**Lemon Muffin  
Fresh Fruit**



**MEAT FREE  
THURSDAY**

**Homemade Chickpea &  
Sweet Potato Curry**

**Homemade Chickpea &  
Sweet Potato Curry**

**Naan Bread  
Basmati Rice**



**Vanilla Cookie  
Fresh Fruit**



**FRIDAY**

**Crispy Chicken Bites**



**Crispy Vegetable Fingers**



**Garden Peas  
Chips**

**Ice Cream Pot  
Fresh Fruit**



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# Allergens



**Eggs**



**Lupin**



**Sulphites**



**Fish**



**Shellfish**



**Nuts**



**Milk**



**Soya**



**Gluten**



**Sesame**



**Celery**



**Peanuts**



**Crustaceans**



**Mustard**