

Astrea Academy Netherwood

Lunch Menu Week 1



DAY	MAINS	VEGETARIAN	SIDES	ALTERNATIVES	DESSERTS
MONDAY	Beef Bolognese Served With Penne Pasta 	Quorn Bolognese Served With Penne Pasta  	Seasonal Vegetables Garlic Bread   	Jacket Potato With A Choice Of Filling Tomato Pasta  	Fresh Fruit Homebakes    
TUESDAY	Homemade Chicken Curry  	Homemade Vegetable Curry	Wholegrain Rice Naan Bread 	Jacket Potato With A Choice Of Filling Pasta / Pasta Bake  	Fresh Fruit Homebakes    
WEDNESDAY	Roast Chicken With Roast Potatoes	Roast Quorn Fillet With Roast Potatoes 	Seasonal Vegetables Yorkshire Pudding Gravy   	Jacket Potato With A Choice Of Filling Pasta / Pasta Bake  	Fresh Fruit Homebakes    
THURSDAY	Creamy Tomato Pasta  	Creamy Tomato Pasta  	Cucumber & Mint Salad Garlic Bread   	Jacket Potato With A Choice Of Filling  	Fresh Fruit Homebakes    
FRIDAY	Crispy Chicken Burger In A Bun  	Crispy Vegetable Burger In A Bun  	Beans Peas Chips	Jacket Potato With A Choice Of Filling Pasta / Pasta Bake  	Fresh Fruit Homebakes    

Please make the kitchen team aware of any allergies you have

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Lunch Menu Week 2



DAY	MAINS	VEGETARIAN	SIDES	ALTERNATIVES	DESSERTS
MONDAY	Meatballs & Pasta 	Vegetable Pasta 	Grated Cheese Cucumber Salad Garlic Bread 	Jacket Potato With A Choice Of Filling Pasta / Pasta Bake 	Fresh Fruit Homebakes    
TUESDAY	Chicken Fajitas 	Veg Fajitas 	Seasonal Vegetables	Jacket Potato With A Choice Of Filling Pasta / Pasta Bake 	Fresh Fruit Homebakes    
WEDNESDAY	Roast Pork Sausage with Roast Potatoes  	Roast Quorn Sausage with Roast Potatoes 	Seasonal Vegetables Yorkshire Pudding Gravy   	Jacket Potato With A Choice Of Filling Pasta / Pasta Bake 	Fresh Fruit Homebakes    
THURSDAY	Homemade Lentil & Potato Curry 	Homemade Vegetable Curry	Naan Bread Wholegrain Rice 	Jacket Potato With A Choice Of Filling Pasta / Pasta Bake 	Fresh Fruit Homebakes    
FRIDAY	Beef Burger In A Bun    	Veggie Burger In A Bun  	Garden Peas Chips	Jacket Potato With A Choice Of Filling Pasta / Pasta Bake 	Fresh Fruit Homebakes    

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Lunch Menu Week 3



DAY	MAINS	VEGETARIAN	SIDES	ALTERNATIVES	DESSERTS
MONDAY	Homemade Beef Chilli	Homemade Vegetable Chilli	Braised Cumin & Courgette Rice	Jacket Potato With A Choice Of Filling Pasta / Pasta Bake	Fresh Fruit Homebakes
TUESDAY	Chicken & Mixed Pepper Stir Fry	Mixed Vegetable Stir Fry	Seasonal Vegetables	Jacket Potato With A Choice Of Filling Pasta / Pasta Bake	Fresh Fruit Homebakes
WEDNESDAY	Roast Pork Sausage & Gravy	Roast Quorn Sausage & Gravy	Seasonal Vegetables Yorkshire Pudding New Potatoes	Jacket Potato With A Choice Of Filling Pasta / Pasta Bake	Fresh Fruit Homebakes
THURSDAY	Homemade Chickpea & Sweet Potato Curry	Homemade Chickpea & Sweet Potato Curry	Naan Bread Basmati Rice	Jacket Potato With A Choice Of Filling Pasta / Pasta Bake	Fresh Fruit Homebakes
FRIDAY	Crispy Chicken Bites	Crispy Vegetable Fingers	Garden Peas Chips	Jacket Potato With A Choice Of Filling Pasta / Pasta Bake	Fresh Fruit Homebakes

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Allergens



Eggs



Lupin



Sulphites



Fish



Shellfish



Nuts



Milk



Soya



Celery



Sesame



Celery



Peanuts



Crustaceans



Mustard