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

Astrea Academy Netherwood 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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Astrea Academy Netherwood 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

Please make the kitchen team aware of any allergies you have

Allergens



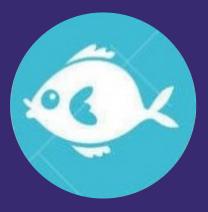
Eggs



Lupin



Sulphites



Fish



Shellfish



Nuts



Milk



Soya



Celery



Sesame



Celery



Peanuts



Crustaceans



Mustard