

Netherwood Academy Lunch Menu

Family Dining



DAY

MAINS

VEGETARIAN

SIDES

DESSERTS

MONDAY

Beef Bolognese Served
With Penne Pasta



Quorn 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



Please make the kitchen team aware of any allergies you have

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MONDAY

Meatballs & 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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DESSERTS

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