

















Astrea Academy Netherwood

Family Dining Spring Term Menu

Week One


Day	Main Meal	Side Dishes	Desserts
Meat Free Monday	Vegan Sausages & Creamy Mashed Potato 	Garden Peas & Gravy	Vanilla Sponge Cake Fresh Fruit  
Tuesday	Homemade Chicken Tikka Masala	Fragrant Basmati Rice Garlic & Coriander Naan 	Fresh Fruit Apples, Satsumas & Melon
Wednesday	Roast Chicken Breast & Roast Potatoes	Peas, Yorkshire Pudding, Cumin Roasted Carrots & Gravy   	Vanilla Cookie Fresh Fruit 
Thursday	Homemade Beef Bolognese	Tricolour Fusili Pasta Garlic Bread Mixed Salad  	Chocolate Sponge Cake Fresh Fruit  
Friday	Southern Fried Chicken Fillet 	Sweetcorn, Chips & Curry Sauce  	Vanilla Ice Cream Pot Fresh Fruit 

Vegetarian options are available on request

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Week Two

















Day	Main Meal	Side Dishes	Desserts
Meat Free Monday	Tomato & Cheese Pasta 	Garlic Bread 	Homebaked Flapjack Fresh Fruit 
Tuesday	Homemade Spanish Paprika Chicken	Seasoned Potato Wedges Sweetcorn	Ginger cookie 
Wednesday	Roast Pork Sausages, Roast Potatoes 	Peas, Yorkshire Pudding, Cumin Roasted Carrots & Gravy 	Fresh Fruit Apples, Satsumas & Melon
Thursday	Chinese Chicken & Vegetable Stir Fry 	Soy Egg Noodles 	Lemon Sponge Fresh Fruit 
Friday	Beef & Onion Burger In a Bun 	Garden Peas Chips	Vanilla Ice Cream Pot Fresh Fruit 

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Week Three

Day	Main Meal	Side Dishes	Desserts
Meat Free Monday	Vegan Sausage Rolls 	Homemade Wedges Baked Beans	Shortbread Fresh Fruit 
Tuesday	Chicken Meatballs in Homemade Tomato Sauce 	Tricolour Fusili Pasta Garlic Bread Mixed Salad  	Homebaked Cereal Bar Fresh Fruit 
Wednesday	Roast Pork Sausages, Roast Potatoes  	Peas, Yorkshire Pudding, Cumin Roasted Carrots & Gravy   	Lemon Muffin Fresh Fruit  
Thursday	Homemade Chilli Con Carne	Wholegrain Rice Crunchy Tortilla Corn Chips	Vanilla Cookie Fresh Fruit 
Friday	Crispy Chicken Bites 	Peas, Chips Curry Sauce  	Vanilla Ice Cream Pot Fresh Fruit 

Vegetarian options are available on request



Eggs



Lupin



Sulphites



Fish



Shellfish



Nuts



Milk



Soya



Celery



Sesame



Celery



Peanuts



Crustaceans



Mustard