

Astrea Academy Netherwood

Family Dining 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 

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Allergen List



Eggs



Lupin



Sulphites



Fish



Crustaceans



Nuts



Milk



Soya



Gluten



Sesame



Celery



Peanuts



Molluscs



Mustard