

Astrea Academy Netherwood

Week One

Day	Main Meal	Street Food	Side Dishes	Lunch Classics	Desserts
Meat Free Monday	Vegan Sausages & Creamy Mashed Potato 	Homemade Spanish Tortilla  	Peas & Gravy Mixed Green Salad	Freshly baked potatoes with fillings including cheese, beans and tuna mayonnaise	Our on-site bakery produces a huge daily variety of beautifully decorated homebakes including cookies, flapjacks, cereal bars, brownies, carrot cakes, shortbread and buns. Fresh fruit is also available daily    
Tuesday	Homemade Chicken Tikka Masala	Toasted Cheese & Pepperoni Baguettes  	Braised Basmati Rice Garlic & Coriander Naan 	A wide variety of cold baguettes and sandwiches with various fillings such as chicken mayo, roast ham salad, egg mayo, tuna mayo, cheese and chicken & stuffing	
Wednesday	Roast Chicken Breast, Roast Potatoes & Gravy	Yorkshire Pudding Wrap   	Peas, Yorkshire Pudding, & Cumin Roasted Carrots   	Pasta in a homemade tomato sauce with mozzarella & cheddar mix	
Thursday	Homemade Beef Bolognese	Hot BBQ Sausage & Cheese Baguette   	Tricolour Fusili Pasta Garlic Bread Mixed Salad 	    	
Friday	Southern Fried Chicken Fillet  	Toasted Cheese & Ham Baguette  	Sweetcorn Chips Curry Sauce 		

Menu may be subject to change due to produce deliveries

Day	Main Meal	Street Food	Side Dishes	Lunch Classics	Desserts
Meat Free Monday	Homemade Margherita Pizza  	Toasted Cheese Baguettes  	Rainbow Pasta Salad  	Freshly baked potatoes with fillings including cheese, beans and tuna mayonnaise	Our on-site bakery produces a huge daily variety of beautifully decorated homebakes including cookies, flapjacks, cereal bars, brownies, carrot cakes, shortbread and buns. Fresh fruit is also available daily    
Tuesday	Homemade Spanish Paprika Chicken	Sweet Chilli Chicken Wraps    	Seasoned Potato Wedges Sweetcorn	A wide variety of cold baguettes and sandwiches with various fillings such as chicken mayo, roast ham salad, egg mayo, tuna mayo, cheese and chicken & stuffing	
Wednesday	Roast Pork Sausages, Roast Potatoes & Gravy  	Hot Chicken, Gravy & Stuffing Baguettes 	Peas, Yorkshire Pudding & Cumin Roasted Carrots   	Pasta in a homemade tomato sauce with mozzarella & cheddar mix	
Thursday	Chinese Chicken & Vegetable Stir Fry   	BBQ Chicken Wraps   	Soy Egg Noodles   		
Friday	Beef & Onion Burger in a Bun   	Toasted Cheese & Ham Baguette  	Garden Peas Chips	   	

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Week Three

Day	Main Meal	Street Food	Side Dishes	Lunch Classics	Desserts
Meat Free Monday	Homemade Macaroni Cheese Bake  	Toasted Cheese Baguettes  	Mixed Green Salad	Freshly baked potatoes with fillings including cheese, beans and tuna mayonnaise	Our on-site bakery produces a huge daily variety of beautifully decorated homebakes including cookies, flapjacks, cereal bars, brownies, carrot cakes, shortbread and buns. Fresh fruit is also available daily    
Tuesday	Chicken Meatballs in Homemade Tomato Sauce	Cheesy Meatball Subs   	Tricolour Fusili Pasta Garlic Bread Mixed Salad  	A wide variety of cold baguettes and sandwiches with various fillings such as chicken mayo, roast ham salad, egg mayo, tuna mayo, cheese and chicken & stuffing	
Wednesday	Roast Pork Sausages, Roast Potatoes & Gravy  	Hot Chicken, Gravy & Stuffing Baguettes 	Peas, Yorkshire Pudding & Cumin Roasted Carrots   	Pasta in a homemade tomato sauce with mozzarella & cheddar mix	
Thursday	Homemade Chilli Con Carne	Hot BBQ Sausage & Cheese Baguette   	Wholegrain Rice Crunchy Tortilla Corn Chips	    	
Friday	Crispy Chicken Bites 	Toasted Cheese & Pepperoni Baguettes  	Peas Chips Curry Sauce   		

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Allergen List



Eggs



Lupin



Sulphites



Fish



Crustaceans



Nuts



Milk



Soya



Gluten



Sesame



Celery



Peanuts



Molluscs



Mustard