

# Astrea Academy Woodfields

## Lunch Menu Week 1



| DAY                     | MAINS                                                                                                                                                                                                                                                                                     | VEGETARIAN                                                                                                                                                                                                                                                                           | SIDES                                                                                                                                                                                                                                                                                                               | ALTERNATIVES                                                                                                                                                                                                                            | DESSERTS                                                                                                                                                                                                                                                                                                                                                                         |
|-------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>MEAT FREE MONDAY</b> | Roast Tomato Pasta                                                                                                                                                                                       | Vegetable Pasta Bake                                                                                           | Seasonal Vegetables<br>Garlic Bread                        | Jacket Potato With A<br>Choice Of Filling /<br>Pasta Option       | Fresh Fruit<br>Homebakes             |
| <b>TUESDAY</b>          | Sweet Chilli Chicken Stir Fry    | Vegetable Stir Fry    | Wholegrain Rice                                                                                                                                                                                                                                                                                                     | Jacket Potato With A<br>Choice Of Filling /<br>Pasta Option   | Fresh Fruit<br>Homebakes     |
| <b>WEDNESDAY</b>        | Roast Chicken Sausage<br>& Roast Potatoes                                                                           | Roast Quorn Sausage<br>& Roast Potatoes                                                                                                                                                         | Seasonal Vegetables<br>Yorkshire Pudding<br>Gravy    | Jacket Potato With A<br>Choice Of Filling /<br>Pasta Option   | Fresh Fruit<br>Homebakes     |
| <b>THURSDAY</b>         | Turkey Bolognese                                                                                                                                                                                                                                                                          | Homemade Vegetable Curry                                                                                                                                                                                                                                                             | Naan Bread<br>Rice<br>Penne Pasta                                                                                                                                                                                              | Jacket Potato With A<br>Choice Of Filling /<br>Pasta Option   | Fresh Fruit<br>Homebakes     |
| <b>FRIDAY</b>           | Breaded Fish or Fish Cake                                                                                           | Jacket Potato With A Choice Of<br>Filling                                                                                                                                                                                                                                            | Beans / Peas<br>Chips                                                                                                                                                                                                                                                                                               | Jacket Potato With A<br>Choice Of Filling /<br>Pasta Option   | Fresh Fruit<br>Homebakes     |

Please make the kitchen team aware of any allergies you have

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## Lunch Menu Week 2



| DAY                     | MAINS                                                                                                                                                                                                                                                                                                                                                                      | VEGETARIAN                                                                                                                                                                                            | SIDES                                                                                                                                                                                                                                                                                                                  | ALTERNATIVES                                                                                                                                                                                                                               | DESSERTS                                                                                                                                                                                                                                                                                                                                                                            |
|-------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>MEAT FREE MONDAY</b> | Macaroni Cheese<br>                                                                                                                                                                                      | Macaroni Cheese<br>             | Seasonal Vegetables<br>Garlic Bread<br>                       | Jacket Potato With A<br>Choice Of Filling /<br>Pasta Option<br>      | Fresh Fruit<br>Homebakes<br>            |
| <b>TUESDAY</b>          | Chicken Fajitas<br>                                                                                                                                                                                                                                                                     | Vegetable Fajitas<br>                                                                                            | Seasonal Vegetables                                                                                                                                                                                                                                                                                                    | Jacket Potato With A<br>Choice Of Filling /<br>Pasta Option<br>  | Fresh Fruit<br>Homebakes<br>    |
| <b>WEDNESDAY</b>        | Roast Chicken Sausage &<br>Roast Potatoes<br>                                                                                                                                                        | Roast Quorn Sausage &<br>Roast Potatoes<br>                                                                      | Seasonal Vegetables<br>Yorkshire Pudding<br>Gravy<br>   | Jacket Potato With A<br>Choice Of Filling /<br>Pasta Option<br>  | Fresh Fruit<br>Homebakes<br>    |
| <b>THURSDAY</b>         | Beef Bolognese                                                                                                                                                                                                                                                                                                                                                             | Homemade Vegetable Curry                                                                                                                                                                              | Naan Bread<br>Rice<br>Pasta<br>                                                                                                                                                                                                   | Jacket Potato With A<br>Choice Of Filling /<br>Pasta Option<br>  | Fresh Fruit<br>Homebakes<br>    |
| <b>FRIDAY</b>           | Chicken Burger In A Bun<br>    | Veggie Burger In A Bun<br>  | Beans / Peas<br>Chips                                                                                                                                                                                                                                                                                                  | Jacket Potato With A<br>Choice Of Filling /<br>Pasta Option<br>  | Fresh Fruit<br>Homebakes<br>    |

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## Lunch Menu Week 3



| DAY                     | MAINS                                  | VEGETARIAN                             | SIDES                                                    | ALTERNATIVES                                          | DESSERTS              |
|-------------------------|----------------------------------------|----------------------------------------|----------------------------------------------------------|-------------------------------------------------------|-----------------------|
| <b>MEAT FREE MONDAY</b> | Jacket Potato With A Choice Of Filling | Jacket Potato With A Choice Of Filling | Baked Beans<br>Tuna Mayonnaise<br>Cheese Salad           | Pasta Option                                          | Fresh Fruit Homebakes |
| <b>TUESDAY</b>          | Crispy Chicken & Mixed Pepper Stir Fry | Mixed Vegetable Stir Fry               | Seasonal Vegetables                                      | Jacket Potato With A Choice Of Filling / Pasta Option | Fresh Fruit Homebakes |
| <b>WEDNESDAY</b>        | Roast Pork Sausage & Gravy             | Roast Quorn Sausage & Gravy            | Seasonal Vegetables<br>Yorkshire Pudding<br>New Potatoes | Jacket Potato With A Choice Of Filling / Pasta Option | Fresh Fruit Homebakes |
| <b>THURSDAY</b>         | Homemade Curry                         | Homemade Vegetable Curry               | Naan Bread<br>Basmati Rice                               | Jacket Potato With A Choice Of Filling / Pasta Option | Fresh Fruit Homebakes |
| <b>FRIDAY</b>           | Beef Chilli                            | Quorn Chilli                           | Rice<br>Seasonal Vegetables                              | Jacket Potato With A Choice Of Filling / Pasta Option | Fresh Fruit Homebakes |

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# Allergens



**Eggs**



**Lupin**



**Sulphites**



**Fish**



**Shellfish**



**Nuts**



**Milk**



**Soya**



**Celery**



**Sesame**



**Celery**



**Peanuts**



**Crustaceans**



**Mustard**