








































Nethergate Academy – WEEK 1

Please select one main meal choice per day

Name _____ Class _____

w/c 15 Oct, 12 Nov,
3 Dec

	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal Choice					
MAIN	Cottage Pie 	Gammon Steak 	Roast Chicken (H) 	Minced Beef Lasagne 	Beef Burger 
VEGETARIAN	Quorn Dippers 	Assorted Melted Baguettes 	Cheese & Onion Pasty 	Quorn Curry 	Vegetable Burger 
ALTERNATIVE	Chow Mein Noodles 	Jacket Potato 	Tomato & Basil Pasta 	Jacket Potato 	Macaroni Cheese 
Served with	Creamed Potatoes  Peas & Sweetcorn 	New Potatoes  Peas  Mixed Salad 	Roast Potatoes  Broccoli  Cauliflower 	Rice  Garlic Bread  Mixed Salad 	Potato Wedges  Garlic Bread,  Baked Beans 
Dessert					
	Chocolate Sponge 	Fruit Jelly 	Fudge Tart 	Fruit Cheesecake 	Marble Sponge 
<p>A selection of Yoghurt  Fresh Fruit and Bread  is available on a daily basis. Custard  is served with desserts as appropriate.</p>					
<p>Greenwood Academies Trust understands that there are different types of vegetarian diet. Our menus reflect choices available for Lacto-ovo-vegetarians as this is the most common type of vegetarian diet. (H) Represents a halal option is available. Allergen information is also available on request. All menu items are subject to availability.</p>					