









































Nethergate Academy – WEEK 2

Please select one main meal choice per day

Name _____ Class _____

w/c 1 Oct, 22 Oct,
19 Nov, 10 Dec

	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal Choice					
MAIN	Salmon Fishcakes 	Chicken Curry (H) 	Roast Pork 	Chicken & Mushroom Pie (H) 	Breaded Cod Fillet 
VEGETARIAN	Breaded Vegetable Fingers 	Vegetable Lasagne 	Roasted Quorn Fillet 	Vegetable Curry 	Cheese & Tomato Baguette 
ALTERNATIVE	Pasta Bolognese 	Jacket Potato 	Ham & Leek Pasta 	Jacket Potato 	Creamy Tomato Pasta 
Served with	Creamed Potatoes  Baked Beans  Crusty Bread 	Long Grain Rice  Garlic Bread  Mixed Salad 	Garden Peas  Country mix Vegetables  Roast Potatoes 	Broccoli  Creamed Potatoes  Long Grain Rice 	Diced Potato  Baked Beans  Mixed Salad 
Dessert					
	Frozen Yoghurt 	Jam Sponge 	Muffins 	Chocolate Brownie 	Ginger Bread Person 
A selection of Yoghurt  Fresh Fruit and Bread  is available on a daily basis. Custard  is served with desserts as appropriate.					
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.					