



































# NEW MENUS – SPRING 2020

## Nethergate Academy – WEEK 1

Name \_\_\_\_\_ Class \_\_\_\_\_

w/c Mon 20 Jan, 10 Feb,  
9 Mar, 30 Mar

Please select one main meal choice per day

WEEK 1	Monday	Tuesday	Wednesday	Thursday	Friday
<b>MAIN MEAL CHOICE</b>					
<b>MAIN</b>	Minced Beef Bolognese <input type="checkbox"/> 	Chicken in BBQ sauce <input type="checkbox"/> 	<input type="checkbox"/>  Roast Pork & Stuffing	<input type="checkbox"/>  Turkey & Ham Pie	<input type="checkbox"/>  Breaded Haddock
<b>VEGETARIAN</b>	Vegetarian Sausage Roll <input type="checkbox"/> 	BBQ Lentil Burger in a Bun <input type="checkbox"/> 	<input type="checkbox"/>  Quorn Fillet	<input type="checkbox"/>  Vegetable & Coconut Curry	<input type="checkbox"/>  Quorn Dippers
<b>ALTERNATIVE</b>	Minced Quorn & Vegetable Bolognese <input type="checkbox"/> 	Jacket Potato – choice of fillings <input type="checkbox"/> 	<input type="checkbox"/>  Penne Pasta in tomato & pesto sauce	<input type="checkbox"/>  Jacket Potato – choice of fillings	<input type="checkbox"/>  Vegetable Burger
<b>Served with</b>	Spaghetti or Creamed Potatoes <input type="checkbox"/>  Garlic Bread <input type="checkbox"/>  or Baked Beans <input type="checkbox"/>  Mixed Salad <input type="checkbox"/> 	Wholegrain Rice <input type="checkbox"/>  Garden Peas or <input type="checkbox"/>  Mixed Salad <input type="checkbox"/> 	<input type="checkbox"/>  Roast Potatoes <input type="checkbox"/>  Carrots or Green Beans <input type="checkbox"/>  <input type="checkbox"/>  Gravy	<input type="checkbox"/>  Rice or New Potatoes <input type="checkbox"/>  Sweetcorn or Broccoli <input type="checkbox"/>  Gravy	<input type="checkbox"/>  Jacket Wedges <input type="checkbox"/>  Mushy Peas <input type="checkbox"/>  or Mixed Salad



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### Dessert

Frozen  
Yogurt



Chocolate  
Muffins



Treacle  
Sponge &  
Custard



Jam Sponge &  
Custard



Assorted  
Ice  
Cream  
Cones

A selection of Yoghurt  
Is available every day



Fresh Fruit and Bread are 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



GREENWOOD ACADEMIES TRUST