

































# NEW MENUS – SPRING 2020

## Nethergate Academy – WEEK 3

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

w/c Mon 13 Jan, 3 Feb,  
2 Mar, 23 Mar

Please select one main meal choice per day

WEEK 3	Monday	Tuesday	Wednesday	Thursday	Friday
<b>MAIN MEAL CHOICE</b>					
<b>MAIN</b>	Chilli Con Carne <input type="checkbox"/> 	Sausage <input type="checkbox"/> 	 Roast Beef & Yorkshire Pudding <input type="checkbox"/>	Chicken & Mixed Pepper Curry <input type="checkbox"/> 	Cod Fish Fingers <input type="checkbox"/> 
<b>VEGETARIAN</b>	Vegetable Chilli <input type="checkbox"/> 	Leek & Vegetable Sausage <input type="checkbox"/> 	Roast Quorn Fillet <input type="checkbox"/> 	Butternut Squash, Spinach & Chickpea Curry <input type="checkbox"/> 	Vegetable Fingers <input type="checkbox"/> 
<b>ALTERNATIVE</b>	Pasta in Cheese & Red Pepper Sauce <input type="checkbox"/> 	Jacket Potato – choice of fillings <input type="checkbox"/> 	Pasta in tomato & basil sauce with Crusty Bread <input type="checkbox"/> 	Jacket Potato – choice of fillings <input type="checkbox"/> 	Assorted Pizza Baguette <input type="checkbox"/> 
<b>Served with</b>	Rice or Tortilla Quarters  Mixed Salad  or Sweetcorn 	Creamed Potato  Garden Peas  Gravy 	Roast Potatoes  Carrots & Cauliflower  Gravy 	Wholegrain Rice  Naan Bread  Garden Peas 	Seasoned Diced Potatoes  Baked Beans  or Salad 



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### Dessert

Chocolate  
Brownie



Raspberry  
Muffins



Apple &  
Blackberry  
Crumble



Fresh Fruit  
Jelly Pot



Flapjack



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
































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<b>Served with</b>	Rice or Tortilla Quarters <input type="checkbox"/>  Mixed Salad or Sweetcorn <input type="checkbox"/> 	Creamed Potato <input type="checkbox"/>  Garden Peas <input type="checkbox"/>  Gravy <input type="checkbox"/> 	Roast Potatoes <input type="checkbox"/>  Carrots & Cauliflower <input type="checkbox"/>  Gravy <input type="checkbox"/> 	Wholegrain Rice <input type="checkbox"/>  Naan Bread <input type="checkbox"/>  Garden Peas <input type="checkbox"/> 	Seasoned Diced Potatoes <input type="checkbox"/>  Baked Beans <input type="checkbox"/>  or Salad <input type="checkbox"/> 



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