



Nethergate Academy

Menu Week 3

W/C Monday 14 Sept, 5 Oct, 9 Nov,
30 Nov

Monday Week 3	Tuesday Week 3	Wednesday Week 3	Thursday Week 3	Friday Week 3
Main Meal Choice				
Baked Potato with a choice of the below fillings: Tuna Mayonnaise or Slow Cooked Barbecue Beef 	Sweet & Sour Chicken with Oriental Vegetables 	Roast Pork 	Beef Bolognese 	Breaded Fish 
Chickpeas in Barbecue Sauce, Cheese or Baked Beans 	Cauliflower Sweet & Sour with Oriental Vegetables 	Roast Quorn Fillet 	Quorn Mince Bolognese 	Breaded Vegetable Burger 
	 Noodles or Plain Rice 	 Roast Potatoes, Broccoli, Carrots, 	Pasta 	 Potato Wedges Baked Beans 
		Gravy 	Garlic Bread 	
Dessert Choice	Dessert Choice	Dessert Choice	Dessert Choice	Dessert Choice
Wholemeal Banana Muffin 	Jam Sponge & Custard 	Apple Crumble & Custard 	Chocolate Angel Delight and Shortbread Biscuit 	Strawberry Ice-Cream Cone 
A selection of Yoghurt  Fresh Fruit, Mixed Salad and Bread  is available daily. 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. Allergen information is also available on request

All menu items are subject to availability



GREENWOOD ACADEMIES TRUST