


























Nethergate Academy

Menu Week 3

W/C Monday 8 Jan, 29 Jan,
26 Feb, 18 Mar

Monday Week 3	Tuesday Week 3	Wednesday Week 3	Thursday Week 3	Friday Week 3
Main Meal Choice				
Thai Green Chicken Curry 	Swedish Pork Meatballs in a Cream Sauce 	Roast Topside Beef 	Sweet Chilli Chicken Noodles With Yellow Pepper and Broccoli 	Battered Fish Fillet 
Thai Green Vegan Style Chicken Curry 	Plant Based Swedish Meatballs in a Cream Sauce 	Quorn Sausage 	Chunky Quorn Chilli Noodles With Yellow Pepper and Broccoli 	Meat Free Vegan Style Chicken Burger 
Steamed Rice 	Mashed Potatoes 	Roast Potatoes 		Crispy Potato Cubes 
	Broccoli 	Cauliflower Garden Peas 		Baked Beans 
		Gravy Yorkshire Pudding 		
Dessert Choice	Dessert Choice	Dessert Choice	Dessert Choice	Dessert Choice
Apple & Blackberry Crumble and Custard 	Cinnamon Sponge and Custard 	Lemon Drizzle Cake 	Chocolate Muffins with Vanilla Frosting 	Blueberry Cheesecake 

A selection of Yoghurt  Fresh Fruit 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.
All chicken is Halal. Allergen information is also available on request
All menu items are subject to availability

