



**Monday**  
**10 December 2018**



Chorizo Sausage Roll

**Dish of the Day**

**£1.85**

**Vegetarian Dish**

Goats Cheese Tart

**£1.85**

**Potato**

Sweet Potato Wedges

**Vegetables**

BBQ Beans

**Vegetables**

Garden Peas

**Pasta and Sauce**

Bolognese

**£1.85**

Chicken Tikka

Tangy Tomato

**Pizza**

Margherita

**£1.60**

Ham

**Dessert of the Day**

Fresh Fruit Salad

**75p**

Meal Deal **£2.20**

**Tuesday**  
**11 December 2018**



Sweet and Sour Chicken

Veggie Mince Chilli

Braised Rice

Sweetcorn

Broccoli

Boston Meatball

Piri Piri Chicken

Tomato and Mascarpone

Margherita

Chicken Tikka

Sticky Toffee Pudding

Meal Deal **£2.20**

**Wednesday**  
**12 December 2018**



Baked Ham

"Veggie Mince" Shepherdess Pie

Roast Potato

Carrots

Honey Glazed Parsnips

Bolognese

Chicken Balti

Basilica

Margherita

Pepperoni

Rhubarb Crumble

Meal Deal **£2.20**

**Thursday**  
**13 December 2018**



Traditional Lasagne

Smoked Cheese and Red Onion Arancini (Rice Balls)

Braised Rice

Onion Bhaji

Green Beans

Chilli Beef

Chicken Italiano

Arrabiata

Margherita

Cajun Chicken

Jam Roly Poly

Meal Deal **£2.20**

**Friday**  
**14 December 2018**



Battered Cod

Vegetable Spring Roll

Fries

Mushy Peas

Baked Beans

Bolognese

Kansas Chicken

Zingiatea

Margherita

Ham

Chocolate Sponge and Chocolate Sauce

Meal Deal **£2.20**

Netherthorpe School has taken the decision to change all our oil for deep and Shallow frying from vegetable to rapeseed oil.

This oil is cold pressed and extra virgin so is also nice as salad dressings. Our main reason for the change is the health benefits over vegetable oil as it is much lower in saturated fats and higher in monounsaturated fat.

It is also rich in potassium and calcium.