

Nelson Academy Menu

Summer Term 2022

**2 week menu for
this Summer Term**

Week 1

**Weeks commencing:
6/6 20/6 4/7 18/7**

Week 2

**Weeks commencing:
13/6 27/6 11/7**

Meat Free Monday's
Gluten/Wheat
Milk & Eggs



Jacket Potato
With Cheese & Beans
Arctic Roll

Margherita Pizza
Crunchy Salad Sticks
Banana Muffin

Fishy Tuesdays
Fish, Milk
Gluten/Wheat
Eggs

Fish Fingers
Mashed Potato & Peas
Fruit Yoghurt



Fish Fillet
Crunchy New Potatoes & Peas
Millionaire Shortbread



Wednesday
Eggs, Milk
Wheat/Gluten

**Chicken or Quorn Pasta with
Tomato Sauce**
Garlic Bread
Fruit Flapjack



**Spaghetti Bolognaise/
Spaghetti with Tomato Sauce**
Garlic Bread
Brownie



Thursday
Eggs, Milk
Wheat/Gluten

**Meatballs/Vegan Balls
with Pitta Bread**
Couscous with Vegetables
Choc Chip Shortbread

Chicken Burger
Wedges & Sweetcorn
Fruit Jelly

School Favourites
Friday
Eggs, Milk
Wheat/Gluten



Chicken Nuggets
Fries
Ice cream

Hot Dog
Fries
Ice Lolly



Jacket Potatoes are available everyday with Cheese & Baked Beans With a Pudding or Fruit

School Packed Lunches are available everyday

Fillings include:

Ham, Tuna, Cheese or Egg

with a piece of Fruit, Drink, Biscuit or Cake,



Special Diets

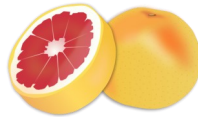
If your child has a dietary need, allergy or food intolerance, let us know in writing to the Principal who will then inform the catering team.

Dairy and Gluten free products are stocked in the kitchen.

Natasha's Law—Ingredients and Allergen listing on menu daily

Vegetarian Options available everyday

Fresh Fruit available every day for dessert



Free school meals are available to all Early Years and Key Stage 1 Children, consisting of a 2 course Hot Lunch or Jacket Potato with fillings and pudding or School Packed Lunch

Classes are

Attenborough, Anning, Goodall, Banks, Cleopatra & Boudica

If you are entitled to free school meals go to:

<https://www.norfolk.gov.uk/education-and-learning/schools/school-meals-and-milk>

School Lunches are £2.30 for a 2 course meal. Payment should be made through the Pupil Asset Parent App, either on the day or in advance. Please ask for details. We are a Cashless School