



# Ark Byron Primary Academy

<b>Week 1</b>	<b>Meat-free Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Main Meal</b>	Jacket potatoes with cheese and beans <sup>9</sup>	Lamb moussaka <sup>1,9</sup>	BBQ chicken thigh	Chicken and vegetable pasta bake <sup>1,9</sup>	Beef and tomato sausage <sup>1</sup>
<b>Vegetarian</b>		Lentil moussaka <sup>1,9</sup>	Sweet potato and bean bake	Mediterranean vegetable pasta bake <sup>1,9</sup>	Veggie sausage <sup>1,9</sup>
<b>Side dishes</b>	Crudites	Pitta bread <sup>1,9</sup> Sweetcorn	Veggie rice Broccoli	Garlic doughball <sup>1,9</sup> Garden peas	Twister fries <sup>1</sup> Garden peas
<b>Pudding</b>	Freshly cut fruit	Vanilla ice cream pot <sup>9</sup>	Freshly cut fruit	Fruit yoghurt <sup>9</sup>	Cheese, crackers and grapes <sup>1,9</sup>

Week commencing: April 30<sup>th</sup>, May 21<sup>st</sup>, June 18<sup>th</sup>, July 9<sup>th</sup>

ALLERGEN INFO. This dish contains 1- gluten, 2- crustaceans, 3- molluscs, 4- fish, 5- peanuts, 6- nuts, 7- eggs, 8- soy beans, 9- milk, 10- celery, 11- mustard, 12- lupin, 13- sesame, 14- sulphur dioxide



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<b>Week 2</b>	<b>Meat-free Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Main Meal</b>	Wholemeal roll with veggie fillings <sup>1,9</sup>	Chicken jalfrezi <sup>11</sup>	Lamb kofta	Chicken and veggie chow mein <sup>1,7,8,13</sup>	Cod fish fingers <sup>1</sup>
<b>Vegetarian</b>		Cauliflower and butternut squash curry <sup>11</sup>	Greek style filo tart <sup>1,9</sup>	Quorn and veggie chow mein <sup>1,7,8,13</sup>	Cheesy potato skins <sup>9</sup>
<b>Side dishes</b>	Crudites	Basmati rice Garden peas	Herby potatoes Coleslaw <sup>7</sup>	Broccoli	Oven chips Baked beans
<b>Pudding</b>	Freshly cut fruit	Jam and coconut sponge <sup>1,7,9</sup>	Freshly cut fruit	Fruit yoghurt <sup>9</sup>	Cheese, crackers and grapes <sup>1,9</sup>

Week commencing: May 7<sup>th</sup>, June 4<sup>th</sup>, June 25<sup>th</sup>, July 16<sup>th</sup>



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<b>Week 3</b>	<b>Meat-free Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Main Meal</b>	<b>Fusilli with ratatouille</b> 1	<b>Chicken 'melt' with tomato sauce and mozzarella</b> 9	<b>Greek style lamb stew</b>	<b>Beef bolognaise</b>	<b>Beef sliders</b>
<b>Vegetarian</b>		<b>Portabello mushroom 'melt'</b> 9	<b>Asparagus and parmesan tart</b> 1,7,9	<b>Veggie mince bolognaise</b>	<b>Veggie burger</b>
<b>Side dishes</b>	<b>Garlic bread</b> 1,9 <b>Garden peas</b>	<b>Roasted new potatoes</b> <b>Sweetcorn</b>	<b>Steamed rice</b> <b>Broccoli</b>	<b>Pasta shells</b> 1 <b>Crudites</b>	<b>Crisscut potatoes</b> 1 <b>Baked beans</b>
<b>Pudding</b>	<b>Freshly cut fruit</b>	<b>Marble cake</b> 1,7,9	<b>Freshly cut fruit</b>	<b>Fruit yoghurts</b> 9	<b>Cheese, crackers and grapes</b> 1,9

Week commencing: May 14<sup>th</sup>, June 11<sup>th</sup>, July 2<sup>nd</sup>, July 23<sup>rd</sup>