



Ark Byron Primary Academy

Week 1	Meat-free Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal	Sweet chilli egg noodles with stir fry vegetables 1,7,8	Tandoori spiced chicken biriyani 11	Beef and vegetable casserole with herby dumplings 1	Tuna and sweetcorn pasta bake 1,4,9	Chicken and mushroom stroganoff 1,9
Vegetarian		Vegetarian quorn biriyani 11	Cauliflower and Broccoli cheese 1,9	Tomato, butterbean and cheese pasta bake 1,9	Quorn , red pepper and mushroom stroganoff 1,9
Side dishes	Broccoli Baton carrots	Naan bread 1,9 Cauliflower Sliced green beans	New potatoes Savoy cabbage and leeks	Garlic bread 1,9 Crudites	Basmati rice Sweetcorn Honeyed parsnips
Pudding	Freshly cut fruit	Iced sponge with sprinkles 1,7	Freshly cut fruit	Fruit yoghurt 9	Cheese, grapes and crackers 1,9

Week commencing: February 26, March 19, April 9

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



Ark Byron Primary Academy

Week 2	Meat-free Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal	Fusilli pasta with basil oil, parmesan and sun-blush tomatoes 1,9	Lamb, sultana and apricot pilaf 11,14	Cajun chicken and chickpea stew 11	Minced beef and vegetable hotpot	Cod fillet fish fingers served with lemon and tartare sauce 1,4
Vegetarian		Quorn, sultana and apricot pilaf 11,14	Cajun butternut squash and chickpea stew 11	Leek, cheddar and potato bake 9	Falafel bites 1
Side dishes	Garlic bread slice 1,9 Baton carrots and swede	Pitta bread 1,9 Crudites	Lemon and herb couscous 1 Sweetcorn Roasted peppers	Green vegetable medley	Oven chips Baked beans
Pudding	Freshly cut fruit	Apple crumble and custard 1,9	Freshly cut fruit	Fruit yoghurt 9	Cheese and crackers 1,9

Week commencing: March 5, March 26, April 16



Ark Byron Primary Academy

Week 3	Meat-free Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal	Wholewheat margherita pizza 1,9	Beef chilli con carne	Chicken thigh marinated in garlic and thyme	Lamb and vegetable tagine 14	Chicken fajitas 1,11
Vegetarian		Lentil and bean chilli	Cheddar, chive and red onion tart 1,7,9	Sweet potato and spinach curry	Quorn and pepper fajitas 1,11
Side dishes	Potato and sweet potato wedges Broccoli and courgettes	Basmati rice Green beans	Minted new potatoes Savoy cabbage and leeks	Spiced cous cous 1 Baton carrots Honey parsnips	Tortilla chips Sweetcorn Peas
Pudding	Freshly cut fruit	Fruity jelly	Freshly cut fruit	Fruit yoghurt 9	Cheese, grapes and crackers 1,9

Week commencing: March 12, April 2, April 23