



# Ark Byron Primary Academy Menu A

Weeks commencing, 30/10, 20/11, 11/12, 03/01, 15/01, 05/02



Week 1	Vegetarian Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal		Chicken Curry M	Spaghetti Bolognaise GL	Fish & Crispy Herb Potatoes GL	Chicken & vegetable stew GL
Vegetarian	Macaroni Cheese D, GL	Chickpea Curry M	Veggie Balls & Pasta GL	Cowboy Bean Burger E, GL	Vegetable stew GL
Side Dishes	Green Beans	Spinach	Broccoli	Sweetcorn	Homemade Bread GL
Desserts	Fruit Platter	Iced sponge cake E, GL	Fruit Platter	Carrot Cake E, GL	Cheese & Crackers GL, D

## Allergen information dish contains:

Gluten = Gl \*

Egg = E \*

Soybeans = So

Sulphites = Su \*

Dairy = D \*

\* Celery = Ce

\* Wheat

\* Mustard = MU

\* Sesame = Se

- All meat options are halal
- Fresh Homemade bread available daily\*

**WE ARE A NUT FREE SCHOOL**



# Ark Byron Primary Academy Menu B

Week Commencing , 06/11, 27/11, 08/01, 22/01



Week 2	Vegetarian Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal		BBQ Chicken MU	Shepherds pie with a carrot & swede topping GL	Fish Cakes & Crispy Herb Potato	Chilli Con Carne
Vegetarian	Paella-Style Dirty Rice	BBQ Quorn Pieces GL, MU	Vegetable shepherds pie with a carrot & swede topping	Falafel Balls	Vegetable Chilli
Side Dishes	Broccoli	New Potatoes Peas	Cauliflower	Beans	Rice & Green Beans
Desserts	Cheese & Crackers D	Fruit Platter	Lemon Drizzle Cake GL,E	Fruit Platter	Fruit Yoghurt D

### Allergen information dish contains:

Gluten = Gl

Egg = E

Soybeans = So

Sulphites = Su l

Dairy = D

Celery = Ce

\* Wheat=Wh

\* Mustard = Mu

\* Sesame = S\*

- All meat options are halal
- Fresh Homemade bread available daily\*

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# Ark Byron Primary Academy Menu C

## Week commencing, 13/11, 4/12, 29/01



Week 3	Vegetarian Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal		Lasagne GL,D	Roast chicken	Minced Lamb Tagine	Smoked Mackerel Kedgeree
Vegetarian	Jacket Potatoes With Cheese D	Vegetable Lasagne GL,D	Quorn Roast	Vegetable Tagine	Vegetable Risotto
Side Dishes	Baked Beans	Garlic Bread & Peas GL	Roast Potatoes & Cauliflower	Couscous GL	Green Beans
Desserts	Fruit	Fruit Yoghurt D	Fruit	Banana Cake GL, E	Fruit

### Allergen information dish contains:

Gluten = Gl \*

Egg = E \*

Milk = M \*

Sulphites = Su \*

Dairy = D \*

Soybeans = So \*

\* Wheat = Wh

\* Mustard = Mu

\* Sesame = Se

\* Celery = C

- All meat options are halal
- Fresh Homemade bread available daily\*

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