








Byron Wood Academy Weekly Menu-Week 3



	Monday	Tuesday	Wednesday	Thursday	Friday
Main Course 	Chicken suqaar <i>(Somalian chicken)</i>	MEAT FREE TUESDAY Cheese flan MK,G,E	Roasted chicken with Yorkshire pudding MK,G,E	Lasagne MK,G,E	Fish and chips MK,G,E
Vegetarian option 	Cauliflower cheese and broccoli bake G,MK	Pea and mint falafel Flat bread	Quorn fillet with Yorkshire pudding G	Vegetable samosa G	Quorn sausage and chips
Vegetables and starch 	Steamed white rice Mixed vegetables	Steamed vegetables New potatoes	Roast potatoes Steamed mixed vegetables	Potato wedges Mixed vegetables	Chips Baked beans
Sandwiches 	Choice of - Cheese Tuna Egg MK,G,E	Choice of - Cheese Tuna Egg MK,G,E	Choice of - Cheese Tuna Egg MK,G,E	Choice of - Cheese Tuna Egg MK,G,E	Choice of - Cheese Tuna Egg MK,G,E
Desserts 	Flapjack G,MK	Sponge cake with vanilla icing G	Chocolate chip cookie G,MK	Fruit yoghurt MK	Vanilla ice cream MK

All our food is halal and is cooked fresh on site, we welcome any feedback from both students and parents

Fresh everyday - A Choice of Sandwiches, jacket potatoes, yoghurts and fresh fruit.

Gluten=G Eggs=E Fish=F molluscs=M soybeans=S peanuts=P nuts=N milk=MK celery=C mustard=M sesame seeds=SS sulphites=SP lupin=L crustaceans=C

