

Byron Wood ACADEMY School Lunch

Week Two	Monday	Tuesday	Wednesday	Thursday	Friday
Main Course	Chicken Cacciatore (Tomatoes, basil, garlic) Whole wheat Pasta	Baked Chicken Sausage with Red Onion Gravy	Homemade Beef Lasagne	Homemade Cheese Flan	Baked battered Fish With Parsley Sauce
Vegetarian Dish	Red Pepper, Onion and Mushroom Italiane with Whole Wheat Pasta	Quorn Sausage with Red Onion Gravy	Homemade Quorn Lasagne	Homemade Leek & Mushroom Flan	Vegetable Burritos (minced Quorn)
Vegetables	Whole Green Beans French bread	Mashed Potato Sliced Carrots	Sweetcorn Garlic Bread	Garden Peas New Potatoes	Mushy Peas Baked Beans Chips
Desserts	Chocolate and Mandarin sponge With custard Bananas	Fruit Shortcake Orange Wedges	Fruit Yoghurt Melon Slice	Eves pudding With Custard Fresh Pineapple	Strawberry Ice Cream Bananas

A selection of freshly prepared Sandwiches, Salads, fresh fruit, yoghurts and bread are always available