

Byron Wood ACADEMY School Lunch

Week Three	Monday	Tuesday	Wednesday	Thursday	Friday
Main Course	Chinese Chicken Curry	Salmon and Tuna Pasta Bake (whole wheat)	Baked Spicy Beef and Mozzarella Wraps	Chicken Fillet Baked with Tomatoes, Garlic and Tarragon	Battered Baked Pollock Fillet
Vegetarian Dish	Baked Vegetable Burger served In a soft bap	Quorn Pasta Bake (whole wheat)	Roasted Vegetable and Three Bean Casserole	Hot Garlic Mushroom Granary Baguette	Stir fry Quorn and vegetables with noodles
Vegetables	Sweetcorn Boiled Rice	Broccoli Florets French Bread	Garden Peas Jacket Potato Wedges	Green Beans Wholegrain Rice	Garden Peas Baked Beans Chips
Desserts	Strawberry Shortbread Fresh Oranges	Fruit Salad Fresh Sliced Melon	Fruit topped Rice Pudding Bananas	Steamed Syrup Sponge With Custard Fresh Sliced Pineapple	Frozen Fruit Yoghurt Red Apple

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