

WEEK 1

MONDAY

MAIN COURSE: CHICKEN CURRY (H, CE, GF) WITH BRAISED RICE
VEGETARIAN MAIN: VEGETABLE BAKE (V, CE, GF)
SERVED WITH: CARROTS AND PEAS
AVAILABLE DAILY: JACKET POTATOES, PASTA (E, C) BAKED BEANS (C) TOSSED SALAD
DESSERTS: BANANA LOAF WITH CARAMEL SAUCE (M, E, C, SD) OR FRESH FRUIT SALAD/ YOGHURT

TUESDAY

MAIN COURSE: BEEF AND TOMATO LASAGNE WITH GARLIC BREAD (CE, M, MU, E)
VEGETARIAN MAIN: QUORN HOT DOG IN FLOUR BAP (V, S, SS, M, E) WITH POTATO WEDGES
SERVED WITH A CHOICE OF: TOSSED SALAD
AVAILABLE DAILY: JACKET POTATOES, PASTA (E, C) BAKED BEANS (C), TOSSED SALAD
DESSERTS: VANILLA AND CHOCOLATE CHIP MUFFIN (M, C, E) OR FRESH FRUIT SALAD/ YOGHURT

WEDNESDAY

FRENCH BREAD PIZZA BAR
MAIN COURSES: HAM AND PINEAPPLE (C, CE, SS, C, M) MEAT FEAST (C, CE, SS, C, M, SD)
 CHEESE AND TOMATO (V, C, CE, SS, C, M, E)
SERVED WITH: CRISPY POTATO WEDGE, HOMEMADE COLESLAW OR BAKED BEANS
AVAILABLE DAILY: JACKET POTATOES, PASTA (E, C) BAKED BEANS (C) TOSSED SALAD
DESSERTS: CHERRY SHORTBREAD (C, M) OR FRESH FRUIT SALAD/ YOGHURT

THURSDAY

MAIN COURSE: ROAST GAMMON WITH MASHED POTATO AND SEASONAL VEGETABLES (GF, SD, M)
VEGETARIAN MAIN QUORN BOLOGNAISE WITH PASTA (V, M, CE, C, MU, E)
AVAILABLE DAILY: JACKET POTATOES, PASTA (E, C) BAKED BEANS (C) TOSSED SALAD
DESSERTS: STRAWBERRY CREAM CAKE (C, E, M) OR FRESH FRUIT SALAD/ YOGHURT

FRIDAY

MAIN COURSE: BREADED CHICKEN GOUJONS (H, M, E, C, MU)
VEGETARIAN MAIN: VEGETABLE FINGERS (V, C, E, MU, M)
SERVED WITH: FARMHOUSE FRIES & PEAS
AVAILABLE DAILY: JACKET POTATOES, PASTA (E, C) BAKED BEANS (C) TOSSED SALAD
DESSERTS: FLAPJACK (C, M, E, SD) OR FRESH FRUIT SALAD/ YOGHURT

WEEK 2

MONDAY

MAIN COURSE PORK AND BEEF MEATBALLS IN TOMATO SAUCE WITH PASTA (SD, C, CE, E) AND GARDEN PEAS
VEGETARIAN MAIN: SWEET POTOTO AND CHICK PEA CURRY WITH BOILED RICE (V, M, E, CE)
AVAILABLE DAILY: JACKET POTATOES, PASTA (E, C) BAKED BEANS (C), TOSSED SALAD
DESSERTS: CHERRY AND COCONUT SPONGE (E, M, C) WITH CUSTARD (M) OR FRESH FRUIT SALAD/ YOGHURT

TUESDAY

HOT DELI ROLL DAY
MAIN COURSE: CAJUN CHICKEN (H), SHREDDED GAMMON (SD), STRIPS OF PORK), CHEESE (M, V)
SERVED WITH: TOSSED SALAD, CRISPY POTATOES
DESSERTS: FRUIT JELLY AND VANILLA ICE CREAM (E, M) OR FRESH FRUIT SALAD/ YOGHURT

WEDNESDAY

MAIN COURSE: ALL DAY BREAKFAST (SAUSAGE, BACON, HASH BROWN, TOMATOES, BAKED BEANS AND SCRAMBLED EGG) SD, SS, C, M, E, CE
VEGETARIAN MAIN: ALL DAY BREAKFAST (QUORN SAUSAGE, VEGETABLE PATTIE, HASH BROWN, TOMATOES, BAKED BEANS AND SCRAMBLED EGG) SS, C, M, E, CE
SERVED WITH: SERVED WITH CRUSTY BREAD (C, M, SS)
AVAILABLE DAILY: JACKET POTATOES, PASTA (E, C) BAKED BEANS (C) TOSSED SALAD
DESSERTS: ICED BANANA SPONGE (M, C, E) OR FRESH FRUIT SALAD/ YOGHURT

THURSDAY

MAIN COURSE: ROAST CHICKEN WITH GRAVY, MASHED POTATOES AND SEASONAL VEGETABLES (GF, H) AND STUFFING (CE, C)
VEGETARIAN MAIN: CHEESE AND TOMATO ENCHILLADA (C, M, CE)
AVAILABLE DAILY: JACKET POTATOES, PASTA (E, C) BAKED BEANS (C) TOSSED SALAD
DESSERTS: CHOCOLATE SHORTBREAD (C, M) OR FRESH FRUIT SALAD/ YOGHURT

FRIDAY

MAIN COURSE: BAKED FISH FILLET (M, E, C, MU, F)
VEGETARIAN MAIN: CHEESE AND TOMATO ROLL (V, C, E, MU, M)
SERVED WITH: SERVED WITH FARMHOUSE FRIES & PEAS
AVAILABLE DAILY: JACKET POTATOES, PASTA (E, C) BAKED BEANS (C) TOSSED SALAD
DESSERTS: LEMON CURD CAKE (E, M, C) OR YOGHURT

WEEK 3

MONDAY

MAIN COURSE: GRILLED PORK SAUSAGE (SD, SS, CE, M)
VEGETARIAN MAIN: BREADED QUORN CRUNCHY BITES (V, M, E, C, CE)
SERVED WITH: MASHED POTATOES, SWEETCORN AND PEAS
AVAILABLE DAILY: JACKET POTATOES, PASTA (E, C) BAKED BEANS (C) TOSSED SALAD
DESSERTS: CHOCOLATE CHIP COOKIE (M, E, C, SD) OR FRESH FRUIT SALAD/ YOGHURT

TUESDAY

MAIN COURSE: HERBY CHICKEN, PEPPER AND TOMATO WRAP (C, E, M, CE)
VEGETARIAN MAIN: TOMATO PASTA BAKE WITH GARLIC BREAD (V, C, M, CE)
AVAILABLE DAILY: JACKET POTATOES, PASTA (E, C) BAKED BEANS (C) TOSSED SALAD
DESSERTS: PINEAPPLE UPSIDEDOWN CAKE WITH CUSTARD OR FRESH FRUIT SALAD/ YOGHURT

WEDNESDAY

MAIN COURSE: CHEESE AND HAM PIZZA (M, C, SS, S, SD)
VEGETARIAN MAIN: CHEESE AND TOMATO PIZZA (V, M, C, SS, S)
SERVED WITH: CRISPY POTATOES, COLESLAW (M, E, MU)
AVAILABLE DAILY: JACKET POTATOES, PASTA (E, C) BAKED BEANS (C) TOSSED SALAD
DESSERTS: ICED FRUITCAKE (E, C, M) OR FRESH FRUIT SALAD/ YOGHURT

THURSDAY

MAIN COURSE: ROAST PORK WITH ROAST POTATOES, SEASONAL VEGETABLES (GF, SD) AND STUFFING (C, CE)
VEGETARIAN MAIN: VEGETABLE AND BEAN WRAP (C, M, CE, V)
AVAILABLE DAILY: JACKET POTATOES, PASTA (E, C) BAKED BEANS (C) TOSSED SALAD
DESSERTS: TOFFEE APPLE SPONGE WITH CUSTARD (C, M) OR FRESH FRUIT SALAD/ YOGHURT

FRIDAY

MAIN COURSE: BREADED CHICKEN GOUJONS (H, M, E, C, MU)
VEGETARIAN MAIN: CHEESE AND ONION PASTRY (V, C, E, MU, M)
SERVED WITH: FARMHOUSE FRIES & PEAS
AVAILABLE DAILY: JACKET POTATOES, PASTA (E, C) BAKED BEANS (C) TOSSED SALAD
DESSERTS: BANANA FLAPJACK (C, M, E, SD) OR FRESH FRUIT SALAD/ YOGHURT

ALLERGENS KEY C - CEREALS CONTAINING GLUTEN P – PEANUTS N - NUTS (TREE NUTS IE. ALMONDS, WALNUTS) M – MILK S – SOYA

MU – MUSTARD L – LUPIN E – EGGS F - FISH CR - CRUSTACEANS (PRAWNS) MO - MOLLUSCS (SCALLOPS, MUSSELS) SS - SESAME SEED

CE – CELERY SD - SULPHUR DIOXIDE
 CUSTOMER INFORMATION V – VEGETARIAN H – HALAL GF – GLUTEN FREE

WEEK 4

MONDAY

JACKET POTATO BAR

CHICKEN AND PEPPERS (H,GF, CE) TUNA MAYO (F, M, MU, E, GF) VEGETABLE CURRY (GF, S, V), BAKED BEANS (C)

SERVED WITH: TOSSED SALAD

AVAILABLE DAILY: JACKET POTATOES, PASTA (E, C) BAKED BEANS (C) TOSSED SALAD

DESSERTS: STRAWBERRY MOUSSE (C, E, M) OR FRESH FRUIT SALAD/ YOGHURT

TUESDAY

MAIN COURSE: GRILLED CHICKEN AND BACON IN BBQ SAUCE (CE, SD, SS)

VEGETARIAN MAIN: QUORN SAUSAGE PATTIES (V, CE, M, C, E)

SERVED WITH: CRISPY POTATOES (M), CAULIFLOWER AND BROCCOLI

AVAILABLE DAILY: JACKET POTATOES, PASTA (E, C) BAKED BEANS (C) TOSSED SALAD

DESSERTS: RICE PUDDING WITH MIXED FRUIT JAM (M) OR FRESH FRUIT SALAD/ YOGHURT

WEDNESDAY

BBQ DAY

MAIN COURSE: BEEF BURGER IN FLOUR BAP (C, E, SD, SS, MU), PORK HOT DOG (C, E, SD, SS)

VEGETARIAN MAIN: VEGETABLE BURGER IN FLOUR BAP (E, C, M) ALL SERVED WITH ½ JACKET, COLESLAW (E, M, MU)

AVAILABLE DAILY: JACKET POTATOES, PASTA (E, C) BAKED BEANS (C) TOSSED SALAD

DESSERTS: ORANGE CAKE (C, E, M) OR FRESH FRUIT SALAD/ YOGHURT

THURSDAY

MAIN COURSE: GIANT SAUSAGE WELLINGTON WITH MASHED POTATOES AND SEASONAL VEGETABLES (GF, SD, M)

VEGETARIAN MAIN CHEESE, ONION AND POTOTO PIE WITH SEASONAL VEGETABLES (V, M, CE, C, MU, E)

AVAILABLE DAILY: JACKET POTATOES, PASTA (E, C) BAKED BEANS (C) TOSSED SALAD

DESSERTS: LEMON CREAM CAKE (C, E, M) OR FRESH FRUIT SALAD/ YOGHURT

FRIDAY

MAIN COURSE: BREADED FISH FINGERS (M, E, C, MU, F)

VEGETARIAN MAIN: CHEESE AND TOMATO PINWHEEL (V, C, E, MU, M)

SERVED WITH: FARMHOUSE FRIES & PEAS

AVAILABLE DAILY: JACKET POTATOES, PASTA (E, C) BAKED BEANS (C) TOSSED SALAD

DESSERTS: CHOCOLATE CORNFLAKE CAKE (C, E, M) OR FRESH FRUIT SALAD/ YOGHURT

AVAILABLE EVERYDAY

JACKET POTATOES WITH VARIOUS FILLINGS

PASTA

SEPTEMBER					OCTOBER				
4	5	6	7	8	2	3	4	5	6
11	12	13	14	15	9	10	11	12	13
18	19	20	21	22	16	17	18	19	20
25	26	27	28	29					
					30	31			
WEEK1	WEEK2	WEEK3	WEEK4						
M	T	W	T	F	M	T	W	T	F
NOVEMBER					DECEMBER				
		1	2	3					1
6	7	8	9	10	4	5	6	7	8
13	14	15	16	17	11	12	13	14	15
20	21	22	23	24	18	19	20	21	22
27	28	29	30						

AUTUMN MENU

SEPTEMBER - DECEMBER
2017



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