

WEEK 1		WEEK 2		WEEK 3	
Monday	<p><b>MAIN COURSE:</b> GRILLED PORK SAUSAGE (SD, SS, CE, M)  <b>VEGETARIAN MAIN:</b> BREADED QUORN CRUNCHY BITES (V, M, E, C, CE)  <b>SERVED WITH:</b> MASHED POTATOES, SWEETCORN AND PEAS  <b>AVAILABLE DAILY:</b> JACKET POTATOES, PASTA (E, C) BAKED BEANS (C) TOSSED SALAD  <b>DESSERTS:</b> CHOCOLATE CHIP COOKIE (M, E, C, SD) OR FRESH FRUIT SALAD/ YOGHURT</p>	Monday	<p><b>MAIN COURSE:</b> CHICKEN TIKKA (H, CE, GF) WITH BRAISED RICE  <b>VEGETARIAN MAIN:</b> VEGETABLE BALLS WITH RICE (V, CE,GF)  <b>SERVED WITH:</b> CARROTS AND PEAS  <b>AVAILABLE DAILY:</b> JACKET POTATOES, PASTA (E, C) BAKED BEANS (C) TOSSED SALAD  <b>DESSERTS:</b> BANOFFEE SPONGE WITH CARAMEL SAUCE (M, E, C, SD) OR FRESH FRUIT SALAD/ YOGHURT</p>	Monday	<p><b>JACKET POTATO BAR</b>  BBQ SAUSAGE (SS, C, CE, SD,E) CHICKEN AND PEPPERS (H.GF, CE) TUNA MAYO (F, M, MU, E, GF) VEGETABLE CURRY (GF, S, V), BAKED BEANS (C)  <b>SERVED WITH:</b> TOSSED SALAD  <b>AVAILABLE DAILY:</b> JACKET POTATOES, PASTA (E, C) BAKED BEANS (C) TOSSED SALAD  <b>DESSERTS:</b> STRAWBERRY MOUSSE (C, E, M) OR FRESH FRUIT SALAD/ YOGHURT</p>
Tuesday	<p><b>HOT DELI ROLL DAY</b>  <b>MAIN COURSE:</b> HERBY CHICKEN (H), SHREDDED GAMMON (SD), STRIPS OF CAJUN PORK, CHEESE (M, V)  <b>SERVED WITH:</b> TOSSED SALAD, CRISPY POTATOES  <b>DESSERTS:</b> JELLY AND VANILLA ICE CREAM (E, M) OR FRESH FRUIT SALAD/ YOGHURT</p>	Tuesday	<p><b>MAIN COURSE:</b> HERBY CHICKEN, PEPPER AND TOMATO WRAP (C, E, M, CE)  <b>VEGETARIAN MAIN:</b> TOMATO PASTA BAKE WITH GARLIC BREAD (V, C, M, CE)  <b>AVAILABLE DAILY:</b> JACKET POTATOES, PASTA (E, C) BAKED BEANS (C) TOSSED SALAD  <b>DESSERTS:</b> PEACH SPONGE WITH CUSTARD (E, M, C) OR FRESH FRUIT SALAD/ YOGHURT</p>	Tuesday	<p><b>MAIN COURSE:</b> BEEF AND TOMATO LASAGNE WITH GARLIC BREAD (CE, M, MU, E)  <b>VEGETARIAN MAIN:</b> VEGETARIAN HOT DOG IN FLOUR ROLL (V, S, SS, M, E) WITH POTATO WEDGES  <b>SERVED WITH A CHOICE OF:</b> TOSSED SALAD  <b>AVAILABLE DAILY:</b> JACKET POTATOES, PASTA (E, C) BAKED BEANS (C), TOSSED SALAD  <b>DESSERTS:</b> VANILLA AND CHOCOLATE CHIP MUFFIN (M, C, E) OR FRESH FRUIT SALAD/ YOGHURT</p>
Wednesday	<p><b>MAIN COURSE:</b> HAM AND PEPPERONI PIZZA (M, C, SS, S, SD)  <b>VEGETARIAN MAIN:</b> CHEESE AND TOMATO PIZZA (V, M, C, SS, S)  <b>SERVED WITH:</b> CRISPY POTATOES, COLESLAW (M, E, MU)  <b>AVAILABLE DAILY:</b> JACKET POTATOES, PASTA (E, C) BAKED BEANS (C) TOSSED SALAD  <b>DESSERTS:</b> BANANA CAKE (E, C, M) OR FRESH FRUIT SALAD/ YOGHURT</p>	Wednesday	<p><b>BURGER DAY</b>  <b>MAIN COURSE:</b> BEEF BURGER IN FLOUR BAP (C, E, SD, SS, MU), PORK BURGER IN FLOUR BAP (C, E, SD, SS)  <b>VEGETARIAN MAIN:</b> VEGETABLE BURGER IN FLOUR BAP (E, C, M) ALL SERVED WITH WEDGES, COLESLAW (E, M, MU)  <b>AVAILABLE DAILY:</b> JACKET POTATOES, PASTA (E, C) BAKED BEANS (C) TOSSED SALAD  <b>DESSERTS:</b> APPLE PIE AND CUSTARD (C, E, M) OR FRESH FRUIT SALAD/ YOGHURT</p>	Wednesday	<p><b>FRENCH BREAD PIZZA BAR</b>  <b>MAIN COURSES:</b> HAM AND TOMATO (C, CE, SS, C, M), MEAT FEAST (C, CE, SS, C, M, SD)  CHEESE AND TOMATO (V, C, CE, SS, C, M, E)  <b>SERVED WITH:</b> CRISPY POTATO WEDGES, HOMEMADE COLESLAW OR BAKED BEANS  <b>AVAILABLE DAILY:</b> JACKET POTATOES, PASTA (E, C) BAKED BEANS (C) TOSSED SALAD  <b>DESSERTS:</b> SULTANA SHORTBREAD (C, M) OR FRESH FRUIT SALAD/ YOGHURT</p>
Thursday	<p><b>MAIN COURSE:</b> ROAST CHICKEN WITH GRAVY, MASHED POTATOES AND SEASONAL VEGETABLES (GF, H) AND STUFFING (CE, C)  <b>VEGETARIAN MAIN:</b> CHEESE AND TOMATO ENCHILLADA (C, M, CE)  <b>AVAILABLE DAILY:</b> JACKET POTATOES, PASTA (E, C) BAKED BEANS (C) TOSSED SALAD  <b>DESSERTS:</b> CHOCOLATE SHORTBREAD (C, M) OR FRESH FRUIT SALAD/ YOGHURT</p>	Thursday	<p><b>MAIN COURSE:</b> ROAST PORK WITH ROAST POTATOES, SEASONAL VEGETABLES (GF, SD) AND STUFFING (C, CE)  <b>VEGETARIAN MAIN:</b> VEGETABLE AND BEAN WRAP (C, M, CE, V)  <b>AVAILABLE DAILY:</b> JACKET POTATOES, PASTA (E, C) BAKED BEANS (C) TOSSED SALAD  <b>DESSERTS:</b> TOFFEE APPLE SPONGE WITH CUSTARD (C, M) OR FRESH FRUIT SALAD/ YOGHURT</p>	Thursday	<p><b>MAIN COURSE:</b> ROAST GAMMON WITH MASHED POTATO AND SEASONAL VEGETABLES (GF, SD, M)  <b>VEGETARIAN MAIN:</b> QUORN SAUSAGE CASSEROLE (V, M, CE, C, MU, E)  <b>AVAILABLE DAILY:</b> JACKET POTATOES, PASTA (E, C) BAKED BEANS (C) TOSSED SALAD  <b>DESSERTS:</b> LEMON CURD VICTORIA SPONGE CAKE (C, E, M) OR FRESH FRUIT SALAD/ YOGHURT</p>
Friday	<p><b>MAIN COURSE:</b> BREADED CHICKEN GOUJONS (H, M, E, C, MU)  <b>VEGETARIAN MAIN:</b> CHEESE AND ONION PASTRY (V, C, E, MU, M)  <b>SERVED WITH:</b> FARMHOUSE FRIES &amp; PEAS  <b>AVAILABLE DAILY:</b> JACKET POTATOES, PASTA (E, C) BAKED BEANS (C) TOSSED SALAD  <b>DESSERTS:</b> CHERRY FLAPJACK (C, M, E, SD) OR FRESH FRUIT SALAD/ YOGHURT</p>	Friday	<p><b>MAIN COURSE:</b> BREADED FISH FINGERS (M, E, C, MU, F)  <b>VEGETARIAN MAIN:</b> CHEESE AND TOMATO PINWHEEL (V, C, E, MU, M)  <b>SERVED WITH:</b> FARMHOUSE FRIES &amp; PEAS  <b>AVAILABLE DAILY:</b> JACKET POTATOES, PASTA (E, C) BAKED BEANS (C) TOSSED SALAD  <b>DESSERTS:</b> CHOCOLATE CORNFLAKE CAKE (C, E,M) OR FRESH FRUIT SALAD/ YOGHURT</p>	Friday	<p><b>MAIN COURSE:</b> BREADED CHICKEN GOUJONS (H, M, E, C, MU)  <b>VEGETARIAN MAIN:</b> VEGETABLE FINGERS (V, C, E, MU, M)  <b>SERVED WITH:</b> FARMHOUSE FRIES &amp; PEAS  <b>AVAILABLE DAILY:</b> JACKET POTATOES, PASTA (E, C) BAKED BEANS (C) TOSSED SALAD  <b>DESSERTS:</b> FLAPJACK (C, M, E, SD) OR FRESH FRUIT SALAD/ YOGHURT</p>
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

Available Everyday

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:** VANILLA CREAM SPONGE (E, M, C) WITH CUSTARD (M) OR FRESH FRUIT SALAD/ YOGHURT

Tuesday

**MAIN COURSE:** PORK SAUSAGE WELLINGTON (C, 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:** MELON AND GRAPE POT 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 COCONUT SPONGE (M, C, E) OR FRESH FRUIT SALAD/ YOGHURT

Thursday

**MAIN COURSE:** MEAT LOAF, TOMATO SAUCE 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:** STRAWBERRY CRUMBLE CAKE WITH CUSTARD (C, E, M) OR FRESH FRUIT SALAD/ YOGHURT

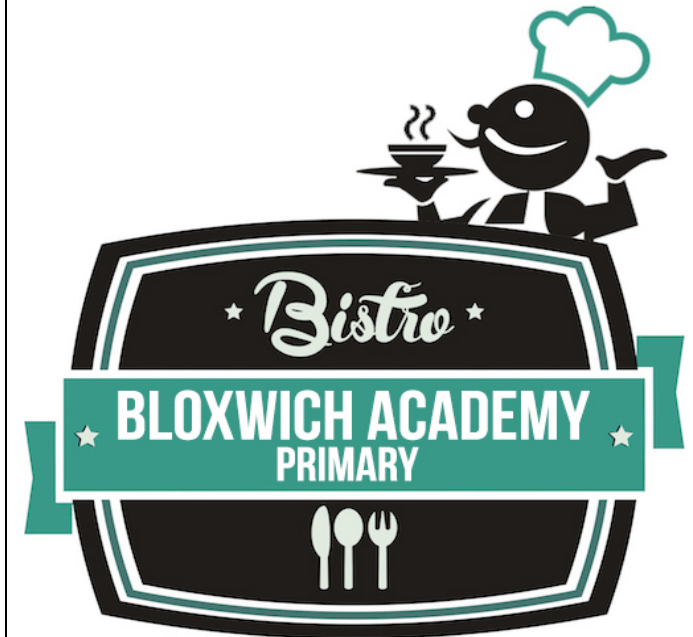
Friday

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

## JACKET POTATOES WITH VARIOUS FILLINGS

### PASTA

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



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