

WEEK 1		WEEK 2		WEEK 3	
MONDAY	<p>SOUP: CARROT AND CORIANDER (V,GF, CE) MAIN COURSE: ITALIAN CHICKEN CASSEROLE, CRUSHED NEW POTATOTES AND SMASHED ROOT VEGETABLES (H, CE, GF) VEGETARIAN MAIN: QUORN AND VEGETABLE CHILLI BURITTO (V, CE, MU, C, E) DELI WRAP: CHINESE CHICKEN (C, H, S) DESSERTS: CHOCOLATE MOUSSE (C, M, E)</p>	MONDAY	<p>SOUP: LEEK AND POTATO (V, GF, CE) MAIN COURSE: BEEF AND TOMATO LASAGNE (C, CE, M, SD, SS, MU) WITH TOSSED SALAD AND GARLIC BREAD (C, M) VEGETARIAN MAIN: CURRIED CAULIFLOWER AND TOMATO DAAL WITH BRAISED RICE (C, CE, S, SS) MAINS SERVED WITH A CHOICE OF: DELI WRAP: CHIPOTLE CHICKEN (C, H) DESSERTS: DATE FLAPJACK (SD, C, M)</p>	MONDAY	<p>SOUP: BROCCOLI (V, M, CE, GF) MAIN COURSE: JERK BBQ CHICKEN WITH SAVOURY RICE & CORNBREAD (H, C, CE) VEGETARIAN MAIN: VEGETABLE LASAGNE (M,E, SS, S), GARLIC BREAD (C, M) JACKET EXTRA: BOLOGNAISE (C, CE) DESSERTS: STRAWBERRY MOUSSE CAKE (C, M, E)</p>
Tuesday	<p>SOUP: SWEET POTATO (V, GF, CE) MAIN COURSE: BEEF STROGGANOFF WITH BRAISED RICE AND GREEN BEANS (M, MU) VEGETARIAN MAIN: VEGETABLE AND LENTIL TIKKA WITH BRAISED RICE (V, CE, GF) MAINS SERVED WITH A CHOICE OF: TOSSED SALAD PASTA BAKE (E,C) : CHICKEN ITALIAN (GF, H, CE, M) OR TOMATO AND BASIL (V,CE, M) DESSERTS: SHORTBREAD (C, E, M)</p>	Tuesday	<p>SOUP: PARSNIP (V, GF, CE) MAIN COURSE: ALL DAY BREAKFAST SAUSAGE (SD, C, MU, CE), BACON (SD), HASHBROWN (GF), TOMATOES, BAKED BEANS, SCRAMBLED EGG (E, M), MUSHROOMS VEGETARIAN MAIN: ALL DAY BREAKFAST QUORN SAUSAGE (V, GF, E, M, CE), HASH BROWN (GF), TOMATOES, BAKED BEANS, SCRAMBLED EGG (E, M), MUSHROOMS JACKET POTATO EXTRA: CHINESE CHICKEN CURRY (H, C, CE, SS) DESSERTS: CARROT CAKE MUFFIN (C, M, SD, E)</p>	Tuesday	<p>SOUP: CURRIED VEGETBALE (V, S, CE, GF) PAST BAR MAIN COURSE: BEEF & PORK MEATBALLS IN TOMATO SAUCE (C, CE, S, SD) OR BBQ SAUSAGE (SD, SS, S) VEGETARIAN MAIN: RATATOUILLE (V, CE, GF) OR ARRIBIATTA (GF, V, CE) MAINS SERVED WITH A CHOICE OF: PASTA (E, C) DESSERTS: CHOCOLATE CORNFLAKE CAKE (C, M)</p>
Wednesday	<p>SOUP: MUSHROOM (V, GF, CE) MAIN COURSE: LOADED CIABATTA BBQ PULLED PORK (SS, C, CE, M, MU, S) LEMON AND GARLIC CHICKEN (H, CE, C, M, SS, S, SD) VEGETARIAN MAIN: TOMATO AND MOZZARELLA (V, S, M, SS, SD) MAINS SERVED WITH A CHOICE OF: SEASONED WEDGES, HOMADE COLESLAW (M, E, MU) DELI WRAP: FIRECRACKER CHICKEN (H, C, CE) DESSERTS: CARAMELISED PEAR YOGHURT WITH CRUMBLE TOPPING (M, C)</p>	Wednesday	<p>SOUP: CAULIFLOWER (V, GF, CE) MAIN COURSE: HOMEMADE STEAK PIE (C, CE, E, M), CHICKEN BALTI PIE (H, C, SS, M, E) VEGETARIAN MAIN: CHEESE, ONION & POTATO PIE (V, C, M, E) MAINS SERVED WITH A CHOICE OF: SEASONED WEDDGES, GARDEN PEAS OR BAKED BEANS DELI WRAP: BBQ CHICKEN (C, H) DESSERTS: STRAWBERRY JELLY (M)</p>	Wednesday	<p>SOUP: THAI SWEET POTATO (V, CE, GF) MAIN COURSE: SOUTHERN STYLE CHICKEN BURGER (H, E, M, C), OR BEEF BURGER (C, CE, SD) IN A FLOURED BAP (C, SS, M) VEGETARIAN MAIN: VEGETABLE BURGER (V, M, C, CE, E) MAINS SERVED WITH A CHOICE OF: SEASONED WEDGES AND HOMEMADE COLESLAW (M, E, MU) JACKET EXTRA: BEEF CHILLI (C, CE) DESSERTS: FRUIT FOOL (E,M)</p>
Thursday	<p>SOUP:VEGETABLE (V, GF, CE) MAIN COURSE: ROAST CHICKEN (H, GF) VEGETARIAN MAIN: ROOT VEGETABLE GRATIN (V, CE, M) MAINS SERVED WITH A CHOICE OF: POTATOES AND SEASONAL VEGETABLES PASTA BAKES (E, C) : CHICKEN AND CHORIZO (GF, CE) OR TOMATO AND PEPPER (V, CE) DESSERTS: JAM ROLL AND CUSTARD (C, M, E, SD)</p>	Thursday	<p>SOUP: TOMATO (V, CE, GF) MAIN COURSE: MUSTARD ROASTED PORK LOIN VEGETARIAN MAIN: LAYERED VEGETABLE ROAST (V, GF, CE, E) MAINS SERVED WITH A CHOICE OF: WITH ROAST POTATOES, SEASONAL VEGETBALES, GRAVY (CE, GF), SAGE AND ONION STUFFING (C, M, CE) PASTA BAKES (E, C) : BBQ CHICKEN (CE, SD, CE, C, E) OR PROVENCELE VEGETABLES (V, CE) DESSERTS: COCONUT AND JAM SPONGE WITH CUSTARD (C, E, M)</p>	Thursday	<p>SOUP: TOMATO AND BASIL (V, CE, GF) MAIN COURSE: HOME BAKED GAMMON (SD) WITH GRAVY (GF, CE) VEGETARIAN MAIN: CHEESE AND POTATO PIE (V, CE, M) MAINS SERVED WITH A CHOICE OF: MINTED NEW POTATOES, CAULIFLOWER AND BROCCOLI PASTA BAKES (E, C) : ITALIAN MEATBALL (C, CE) OR TOMATO & HERB (V, CE) DESSERTS: TOFFEE APPLE SPONGE WITH CUSTARD (C, E, M)</p>
Friday	<p>SOUP: GREEN PEA (V, GF, CE) MAIN COURSE: BREADED CHICKEN GOUJONS (H, M, E, C, MU) VEGETARIAN MAIN: VEGETABLE PASTY (V, M, E, CE, C) MAINS SERVED WITH A CHOICE OF: FARMHOUSE FRIES & HOMEMADE COLESLAW (M, E, MU) DESSERTS: CHOCOLATE BROWNIE (M, N, C, E)</p>	Friday	<p>SOUP: LEEK AND POTATO (V, C, CE) CHIP SHOP MAIN COURSE: BATTERD COD FILLET (F, M, E, C, MU). MIXED MEAT KEBAB (MU, CE), MINCE BEEF AND ONION PIE (CE, C, M, E). CHEESE AND ONION PASTY (V, C, E, MU, M) MAINS SERVED WITH A CHOICE OF: FARMHOUSE FRIES, MUSHY PEAS, CURRY SAUCE & GRAVY DESSERTS: MINT CHOC CHIP COOKIE</p>	Friday	<p>SOUP: VEGETABLE (V, CE, GF) MAIN COURSE: PORK SAUSAGE (SD, C, MU, CE) VEGETARIAN MAIN: CHEESE AND ONION PASTY (V, C, E, MU, M) MAINS SERVED WITH A CHOICE OF: FARMHOUSE FRIES, PEAS OR BEANS DESSERTS: CHOCOLATE MUFFIN (C, E, M)</p>
<p>ALLERGENS KEY C - CEREALS CONTAINING GLUTEN P – PEANUTS N - NUTS (TREE NUTS IE. ALMONDS, WALNUTS) M – MILK S – SOYA</p>		<p>MU – MUSTARD L – LUPIN E – EGGS F - FISH CR - CRUSTACEANS (PRAWNS) MO - MOLLUSCS (SCALLOPS, MUSSELS) SS - SESAME SEED</p>		<p>CE – CELERY SD - SULPHUR DIOXIDE CUSTOMER INFORMATION V – VEGETARIAN H – HALAL GF – GLUTEN FREE</p>	

WEEK 4

Available Everyday

SPRING MENU

JANUARY – MARCH
2018

MONDAY

SOUP: SPICED PARSNIP (V, CE, GF, S)
MAIN COURSE: MEXICAN CHICKEN WITH GARLIC POTATOES & ROAST CORN (H, CE, M)
VEGETARIAN MAIN: MACARONI AND CHEESE WITH ROASTED TOMATOES, GARLIC BREAD (V, M, E, CE, C)
MAINS SERVED WITH A CHOICE OF: TOSSED SALAD
LOADED CIABATTA: CHICKEN AND BACON MELT (C, SD, SS)
DESSERTS: APPLE AND CINAMON CAKE WITH CUSTARD 9E, C, M)

Tuesday

SOUP: WHITE ONION AND THYME (V, GF, CE)
MAIN COURSE: CHICKEN AND SPINACH BALTI (H, CE), TANDOORI CHICKEN (H, CE, M)
VEGETARIAN MAIN: QUORN KEEMA BALTI (GF, V, CE, C, MU)
MAINS SERVED WITH A CHOICE OF: PILAU RICE (GF, CE) FLAT BREAD (C, E, M, SS) AND CUCUMBER SALAD
PASTA BAKES (E, C): SMOKY PEPPERONI (CE) OR CREAMY TOMATO (V, CE, M)
DESSERTS: ORANGE MARMALADE MUFFIN (C, E, M, SD)

Wednesday

SOUP: BUTTERNUT SQUASH (V, GF, CE)
MAIN COURSE: MEAT FEAST PIZZA (M, C, SS, S, SD)
VEGETARIAN MAIN: CHEESE AND TOMATO PIZZA (V, M, C, SS, S)
MAINS SERVED WITH A CHOICE OF: SEASONED WEDGES AND HOMEMADE COLESLAW (M, E, MU)
FILLED JACKET: CHICKEN TIKKA (H, CE, M)
DESSERTS: CHOCOLATE TRIFLE (C, M)

Thursday

SOUP: TOMATO AND PEPPER (V, CE, GF)
MAIN COURSE: BEEF & VEGETABLE STEW WITH DUMPLINGS (C, CE, E, MU) WITH MASH POTATO
VEGETARIAN MAIN: VEGETABLE CHILL ENCHILLADA (V, S, SS, M) WITH CAJUN CORN AND PEPPERS
DELI WRAP: SWEET CHILI CHICKEN (C, H)
DESSERTS: CHERRY AND PEAR CRUMBLE WITH CUSTARD (C, M, N, SD)

FRIDAY

SOUP: MUSHROOM (V, GF, CE)
MAIN COURSE: BATTERED COD FILLET (F, M, E, C, MU)
VEGETARIAN MAIN: SOUTHERN STYLE CRISPY QUORN BITES (V, C, E, CE)
MAINS SERVED WITH A CHOICE OF: FARMHOUSE FRIES AND PEAS
DESSERTS: OAT AND RAISAN MUFFIN (C, M, E, SD)

JACKET POTATOES WITH VARIOUS FILLINGS

SELECTION OF FRESHLY PREPARED HOT AND COLD DESSERTS

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						



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