

WEEK 1	WEEK 2	WEEK 3
<p>MONDAY</p> <p>SOUP: CURRIED CAULIFLOWER (V, CE, GF) MAIN COURSE: CAJUN CHICKEN (H, GF) VEGETARIAN MAIN: JERK ROASTED BUTTERNUT SQUASH (V, GF) MAINS SERVED WITH A CHOICE OF: SAVOURY RICE (GF, CE), ROAST PEPPER SAUCE (V, CE, GF) AND CHOPPED SALAD DESSERTS: OAT AND GINGER COOKIE (C, M, E, SD)</p>	<p>MONDAY</p> <p>SOUP: CARROT AND CORIANDER (V, CE, GF) MAIN COURSE: ORIENTAL BEEF (SS,CE, C) VEGETARIAN MAIN: THAI GREEN QUORN AND AUBERGINE CURRY (V, C, CE, GF) MAINS SERVED WITH A CHOICE OF: BRAISED RICE(GF, CE) AND STIR FRIED VEGETABLES (V, GF, CE) DELI WRAP: SWEET CHILLI CHICKEN (H, C, CE) DESSERTS: ORANGE MARMELADE CUPCAKE (E, M, C, SD)</p>	<p>MONDAY</p> <p>SOUP: TOMATO AND RED PEPPER (V, CE, GF) MAIN COURSE: CHICKEN ENCHILLADA (H, C, CE) VEGETARIAN MAIN: QUORN FAJITA TACO (V, C, CE) MAINS SERVED WITH A CHOICE OF: GARLIC NEW POTATOES, ROASTED CORN AND CHOPPED SALAD JACKET EXTRA: BBQ SAUSAGE (SD, C, MU, CE) DESSERTS: OAT AND RAISIN COOKIE (M, E, C, SD)</p>
<p>TUESDAY</p> <p>SOUP: ROAST TOMATO (V, CE, GF) MAIN COURSE: ALL DAY BREAKFAST SAUSAGE(SD, C, MU, CE), BACON(SD), HASH BROWN(GF), TOMATOES, BAKED BEANS, SCRAMBLED EGG(E, M), MUSHROOMS(M) VEGETARIAN MAIN: QUORN SAUSAGE(V, GF, E, M, CE), HASH BROWN(GF), SCRAMBLED EGG(E, M), TOMATOES, BAKED BEANS, MUSHROOMS(M) JACKET EXTRA: CURRIED CHICKEN (H, C, M) DESSERTS: JAFFA CAKE POT (M, E, C)</p>	<p>TUESDAY</p> <p>SOUP: POTATO AND SPRING ONION (V, CE, GF) MAIN COURSE: HERB ROAST CHICKEN (H, GF) VEGETARIAN MAIN: CHEESE AND TOMATO BAKED AUBERGINE (M, V, CE, GF) MAINS SERVED WITH A CHOICE OF: NEW POTATOES, PEAS AND GLAZED CARROTS (V, GF, M) PASTA BAKES(E, C): BEEF BOLOGNAISE(C, CE, M) OR TOMATO AND BASIL (V, CE, M) DESSERTS: CARROT CAKE (M, E, C)</p>	<p>TUESDAY</p> <p>SOUP: MUSHROOM (V, CE, GF) MAIN COURSE: PASTA DAY – PORK AND BEEF MEATBALLS (C, CE, S, SD) OR CREAMY GARLIC CHICKEN (H, M) VEGETARIAN MAIN: BBQ ROAST VEGETABLES (V, C, CE) OR TOMATO AND BASIL (V, CE, GF) MAINS SERVED WITH A CHOICE OF: PASTA (E,C) GARLIC DOUGH BALLS (C, M) AND CHOPPED SALAD DESSERTS: PINEAPPLE AND COCONUT CAKE WITH CUSTARD (M, E, C)</p>
<p>WEDNESDAY</p> <p>SOUP: VEGETABLE (V, CE, GF) MAIN COURSE: BURGER DAY – TANDOORI CHICKEN (H, M, CE) OR 100% BEEF (C, CE, SD) VEGETARIAN MAIN: VEGETABLE BURGER (V, M, C, CE, E) MAINS SERVED WITH A CHOICE OF: WEDGES, BAKED BEANS AND SLAW (M, E, MU) DELI WRAP: FIRECRACKER CHICKEN (H, C, CE) DESSERTS: LEMON MERINGUE ROLL (E, C, M, SD)</p>	<p>WEDNESDAY</p> <p>SOUP: CURRIED VEGETABLE (V, CE, GF) MAIN COURSE: BURRITO DAY – BEEF CHILLI (C, CE) OR CHIPOTLE CHICKEN (H, C, CE) VEGETARIAN MAIN: QUORN CHILLI (V, C, CE) MAINS SERVED WITH A CHOICE OF: WEDGES, BAKED BEANS AND CHOPPED SALAD DESSERTS: CHOCOLATE BROWNIE (M, E, C)</p>	<p>WEDNESDAY</p> <p>SOUP: SPICED PEPPER (V, CE, GF) MAIN COURSE: BBQ PORK RIBS (C, SD) OR SOUTHERN STYLE CHICKEN (H, C, SD) VEGETARIAN MAIN: CAJUN VEGETABLE SKEWER (V, GF) MAINS SERVED WITH A CHOICE OF: WEDGES, MIXED VEGETABLES AND SLAW (M, E, MU) DELI WRAP: CURRIED CHICKEN (H, C) DESSERTS: CHOCOLATE TRIFLE (M, E, C)</p>
<p>THURSDAY</p> <p>SOUP: BUTTERNUT SQUASH AND SAGE (V, CE, GF) MAIN COURSE: HONEY ROAST GAMMON (SD, GF) VEGETARIAN MAIN: PROVENCAL STUFFED PEPPER (V, CE, GF) MAINS SERVED WITH A CHOICE OF: CREAMY POTATOES(M), BROCCOLI, CAULIFLOWER AND GRAVY (GF, CE, V) PASTA BAKES (E, C): ITALIAN SAUSAGE MEATBALLS (M, C, CE) OR CREAMY TOMATO (M) DESSERTS: APPLE CAKE AND CUSTARD (E, C, M)</p>	<p>THURSDAY</p> <p>SOUP: CELERIAC AND APPLE (V, CE, GF) MAIN COURSE: ROAST PORK LOIN (GF) VEGETARIAN MAIN: ROAST PEPPER AND POLENTA SLICE (V, M) MAINS SERVED WITH A CHOICE OF: ROASTED POTATOES, SAGE AND ONION STUFFING (CE, C), SEASONAL VEGETABLES AND GRAVY (GF, CE, V) JACKET POTATO EXTRA: SPICY CHICKEN (H, C, CE) DESSERTS: ORANGE POLENTA CAKE AND CUSTARD (M, E, C)</p>	<p>THURSDAY</p> <p>SOUP: SWEET POTATO (V, CE, GF) MAIN COURSE: ROAST BEEF (GF) VEGETARIAN MAIN: CREAMY COURGETTE STUFFED PANCAKE (V, CE, C, M, E) MAINS SERVED WITH A CHOICE OF: FONDANT POTATOES (M), YORKSHIRE PUDDING (M, E, C), SEASONAL VEGETABLES AND GRAVY (GF, CE, V) PASTA BAKE (E, C): ITALIAN CHICKEN (H, CE) OR TOMATO AND PEPPER (CE, V, GF) DESSERTS: PEACH MELBA CAKE AND CUSTARD (M, E, C, SD)</p>
<p>FRIDAY</p> <p>SOUP: LEEK AND POTATO (V, CE, GF) MAIN COURSE: CHICKEN GOJONS (H, M, C, CE, MU) VEGETARIAN MAIN: CHEESE AND ONION PASTY (V, C, MU, M) MAINS SERVED WITH A CHOICE OF: CHIPS, BAKED BEANS AND SLAW (M, E, MU) DESSERTS: CHOCOLATE MOUSSE (C, M, E)</p>	<p>FRIDAY</p> <p>SOUP: BROCCOLI (V, CE, GF) MAIN COURSE: PORK SAUSAGE (SD, C, MU, CE) VEGETARIAN MAIN: FISH FINGER BAP (H, M, E, C, MU) MAINS SERVED WITH A CHOICE OF: CHIPS, GRAVY, PEAS AND BAKED BEANS (GF, CE) DESSERTS: BANOFFEE CREAM PROFITEROLE (M, E, C)</p>	<p>FRIDAY</p> <p>SOUP: GREEN PEA (V, CE, GF) MAIN COURSE: BATTERED FISH (F, M, E, C, MU) VEGETARIAN MAIN: SOUTHERN STYLE QUORN BITES (V, C, E, CE) MAINS SERVED WITH A CHOICE OF: CHIPS, BAKED BEANS AND PEAS DESSERTS: CHELSEA BUN (M, E, C, SD)</p>

WEEK 4

MONDAY

SOUP: THAI SWEET POTATO (V, CE, GF)
MAIN COURSE: CHILLI PORK AND CANNELLINI BEANS SERVED WITH BRAISED RICE, CORN AND PEPPERS (SD, C, CE)
VEGETARIAN MAIN: CURRIED VEGETABLE SPRING ROLL SERVED WITH CHOW MEIN (V, E, M, CE, C)
DELI WRAP: BBQ CHICKEN (H, C)
DESSERTS: LEMON CHEESECAKE (M, E, C, SD)

TUESDAY

SOUP: TOMATO AND BASIL (V, CE, GF)
MAIN COURSE: CHICKEN STUFFED WITH MOZZARELLA AND HAM (H, SD, M)
VEGETARIAN MAIN: ITALIAN STYLE AUBERGINE (V, GF, M, CE)
MAINS SERVED WITH A CHOICE OF: NEW POTATOES, CREAMED SAVOY CABBAGE AND GLAZED CARROTS (M)
LOADED CIABATTA: PORK AND BEEF MEATBALL MELT (C, M, SD)
DESSERTS: CHILLED RICE PUDDING WITH FRUIT TOPPING (M, SD)

WEDNESDAY

SOUP: BROCCOLI (V, CE, GF)
MAIN COURSE: MEAT FEAST PIZZA (C, M, S, SS, SD)
VEGETARIAN MAIN: CHEESE AND TOMATO PIZZA (V, M, C, S, SS)
MAINS SERVED WITH A CHOICE OF: WEDGES, BAKED BEANS AND SLAW (M, E, MU)
DELI WRAP: CHINESE CHICKEN (H, C, SS)
DESSERTS: CHERRY FLAPJACK (C, SD, M)

THURSDAY

SOUP: SPICED PARSNIP (V, CE, GF)
MAIN COURSE: ROAST CHICKEN (H, GF)
VEGETARIAN MAIN: ROAST BUTTERNUT SQUASH PARCEL (V, E, M, C, CE)
MAINS SERVED WITH A CHOICE OF: MASH POTATO, ROAST ROOT VEG, SAGE AND ONION STUFFING (CE, C) AND GRAVY (V, GF)
PASTA BAKE (E, C): PEPPERONI (SD, C, CE) OR QUORN BOLOGNAISE (V, CE)
DESSERTS: STRAWBERRY TRIFLE (M, E, C)

FRIDAY

SOUP: VEGETABLE (V, CE, GF)
MAIN COURSE: CHIPSHOP DAY - MINCE BEEF AND ONION PIE (CE, C, M, E), CHEESE AND ONION PASTY (V, C, M, MU, E), PORK SAUSAGE (SD, C, MU, CE), BATTERED FISH (F, M, E, C, MU)
MAINS SERVED WITH A CHOICE OF: CHIPS, MUSHY PEAS, GRAVY AND CURRY SAUCE
DESSERTS: CHOCOLATE CHIP SHORTBREAD (C, E, M)

AVAILABLE EVERYDAY

JACKET POTATOES WITH VARIOUS FILLINGS

SELECTION OF FRESHLY PREPARED HOT AND COLD DESSERTS

APRIL					MAY				
						1	2	3	4
						8	9	10	11
16	17	18	19	20	14	15	16	17	18
23	24	25	26	27	21	22	23	24	25
30									
JUNE					JULY				
					2	3	4	5	6
4	5	6	7	8	9	10	11	12	13
11	12	13	14	15	16	17	18	19	20
18	19	20	21	22					
25	26	27	28	29					

WEEK 1	WEEK 2	WEEK 3	WEEK 4
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SUMMER MENU

APRIL - JULY
2018



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