

WEEK 1	WEEK 2	WEEK 3
<p>MONDAY</p> <p>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>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 VEGETBALES (V, GF, CE) DELI WRAP: SWEET CHILI CHICKEN (H, C, CE) DESSERTS: ORANGE MARMELADE CUPCAKE (E, M, C, SD)</p>	<p>MONDAY</p> <p>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 DESSERTS: OAT AND RAISIN COOKIE (M, E, C, SD)</p>
<p>TUESDAY</p> <p>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) EXTRA: CURRIED CHICKEN AND RICE (H, C, M, S, SS) DESSERTS: ORANGE SHORTBREAD (M, E, C)</p>	<p>TUESDAY</p> <p>MAIN COURSE: LEMON AND GARLIC ROAST CHICKEN (H, GF) VEGETARIAN MAIN: CHEESE AND TOMATO BAKED AUBERGINE (M, V, CE, GF) MAINS SERVED WITH A CHOICE OF: ROAST NEW POTATOES (GF) TOMATO PASTA SALAD (CE, E, C) CHOPPED SALAD AND SLAW (E, M, MU) AND CRUSTY BREAD (C, M, S, SS, SD) 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>MAIN COURSE: PASTA DAY – PORK AND BEEF MEATBALLS (C, CE, S, SD) OR CREAMY GARLIC CHICKEN (H, M) VEGETARIAN MAIN: QUORN BOLGNAISE (V, C, CE) OR TOMATO (V, CE, GF) MAINS SERVED WITH A CHOICE OF: PASTA (E,C) GARLIC BREAD (C, M) AND CHOPPED SALAD DESSERTS: PINEAPPLE AND COCONUT CAKE (M, E, C)</p>
<p>WEDNESDAY</p> <p>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>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>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>MAIN COURSE: FIVE SPICE PULLED GAMMON (SD, GF, S, SS) VEGETARIAN MAIN: SWEET AND SOUR QUORN WITH PEPPERS (V, CE) MAINS SERVED WITH A CHOICE OF: VEGETABLE CHOW MEIN (V, SS, S) EGG FRIED RICE (E, S, GF) CHOPPED SALAD AND SPICY ASIAN SLAW (S, SS) 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>MAIN COURSE: ROAST PORK AND STUFFING BAP (C, MU, CE) OR SPICY PORK BURGER (E, CE, C) VEGETARIAN MAIN: FALAFEL AND ROAST PEPPER MELT (V, M, C) MAINS SERVED WITH A CHOICE OF: HERBY POTATOES, CHOPPED SALAD, SLAW (E, M, MU) AND TOMATO PASTA SALAD (E, C, CE) DELI WRAP: CHIPOTLE CHICKEN (H, C, CE, M, E) DESSERTS: ORANGE DRIZZLE CAKE (M, E, C)</p>	<p>THURSDAY</p> <p>MAIN COURSE: BEEF FAJITA (C, CE) VEGETARIAN MAIN: THREE CHEESE AND TOMATO CRUSTLESS QUICHE (E, M, V) MAINS SERVED WITH A CHOICE OF: SAUTED POTATOES, CHOPPED SALAD, SLAW (E, M, MU) 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>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>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>MAIN COURSE: BATTERD 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>
<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

MONDAY

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

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: WARM POTATO SALAD (MU, E, M) AND ROASTED VEGETABLES (CE, V, GF)
LOADED CIABATTA: CHICKEN AND BACON CLUB SANDWICH (C, M, SD, E)
DESSERTS: CHILLED RICE PUDDING WITH FRUIT TOPPING (M, SD)

WEDNESDAY

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

MAIN COURSE: SPICY CHICKEN (H, GF) OR BBQ PULLED CHICKEN (H, CE)
VEGETARIAN MAIN: ROAST BUTTERNUT SQUASH PARCEL (V, E, M, C, CE)
MAINS SERVED WITH A CHOICE OF: GARLIC AND HERB POTATOES, ROASTED CORN, CHOPPED SALAD AND SLAW (E, M, MU)
PASTA BAKE(E, C): PEPPERONI (SD, C, CE) OR QUORN BOLOGNAISE (V, CE)
DESSERTS: STRAWBERRY TRIFLE (M, E, C)

FRIDAY

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), BATTERD 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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