

WEEK 1	WEEK 2	WEEK 3
<p>MONDAY</p> <p>MAIN COURSE: COTTAGE PIE (M, MU, C,CE, E, SS, S) VEGETARIAN MAIN: CHICK PEA, SPINACH AND SWEET POTATO FILO PARCEL WITH ROASTED CURRIED CAULIFLOWER (C, CE, S, SS) DELI WRAP: CHIPOTLE CHICKEN (C, H) DESSERT: SULTANA FLAPJACK (SD, C, M)</p>	<p>MONDAY</p> <p>MAIN COURSE: SPICY RICE WITH PAPRIKA CHICKEN, ROASTED PEPPERS AND CHORIZO (H, CE, GF) VEGETARIAN MAIN: VEGETABLE AND LENTIL TIKKA WITH BRAISED RICE (V, CE, GF) DELI WRAP: TOMATO AND BASIL CHICKEN (C, H) DESSERT: OAT COOKIE (C, M, E)</p>	<p>MONDAY</p> <p>MAIN COURSE: CHICKEN AND VEGETABLE TRAY BAKE WITH GARLIC AND THYME (GF, CE, H) VEGETARIAN MAIN: SWEET POTATO, AUBERGINE AND SPINACH MOUSSAKA (GF,V, M, E, C), BRAISED RICE MAINS SERVED WITH A CHOICE OF: PAPRIKA NEW POTATOES DELI WRAP: CHICKEN TIKKA (C, H) DESSERT: ORANGE DRIZZLE CAKE (C, E, M)</p>
<p>TUESDAY</p> <p>MAIN COURSE: LAMB DONER KEBAB (GF, H, CE, M) SERVED IN FLOUR PITTA WITH MINTED YOGHURT (C, M, E, SS) VEGETARIAN MAIN: BEAN AND VEGETABLE CHILLI BURITTO (V, CE, MU, C, E) MAINS SERVED WITH A CHOICE OF: TOSSED SALAD PASTA(E,C)/NOODLE(E,C)/RICE BAR: CHICKEN ITALIANO (GF,H, CE), BASILICO (GF,V,CE) DESSERT: ORANGE JELLY (C, E, M)</p>	<p>TUESDAY</p> <p>MAIN COURSE: PORK AND BEEF MEATBALLS COOKED IN TOMATO SAUCE WITH PASTA (C, CE, S, SD) VEGETARIAN MAIN: ORIENTAL VEGETABLES WITH EGG NOODLES (C, CE, E, SS,S) MAINS SERVED WITH A CHOICE OF: TOSSED SALAD PASTA(E,C)/NOODLE(E,C)/RICE BAR: SWEET CHILLI CHICKEN (H, SS, S), ARRIBIATTA (GF,V,CE) DESSERT: CHOCOLATE CORNFLAKE CRUNCH (C, M)</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 VEGETARIAN MAIN: ALL DAY BREAKFAST QUORN SAUSAGE(V, GF,E,M,CE), VEGETABLE PATTIE(C, CE, MU), HASH BROWN (GF), TOMATOES, BAKED BEANS, SCRAMBLED EGG(M,E), MUSHROOMS DELI WRAP: THAI GREEN CHICKEN (H, CE) DESSERT: STICKY GINGERBREAD (C, M, E, SD)</p>
<p>WEDNESDAY</p> <p>MAIN COURSE: LOADED CHIP DAY MEXICAN SAUSAGE CASSEROLE (C, E, MU, SD), BEEF & TOMATO BOLOGNAISE (CE), CHICKEN TIKKA (H, CE, SS) VEGETARIAN MAIN: QUORN & CHICK PEA CURRY (V, S, M, E) MAINS SERVED WITH A CHOICE OF: FARMHOUSE FRIES, HOMEMADE COLESLAW (M, E, MU) DELI WRAP: FIRECRACKER CHICKEN (H, CE) DESSERT: SUMMER FRUITS GREEK YOGHURT WITH GRANOLA (M)</p>	<p>WEDNESDAY</p> <p>MAIN COURSE: HOMEMADE STEAK PIE (C, CE, E, M), CHICKEN AND SWEETCORN PIE (H, C, SS, M, E) VEGETARIAN MAIN: FARMHOUSE VEGETABLE PIE (V, C, M, E) MAINS SERVED WITH A CHOICE OF: FARMHOUSE FRIES, GARDEN PEAS OR BAKED BEANS DELI WRAP: BBQ PULLED CHICKEN (C, H) DESSERT: STRAWBERRY ETON MESS (M)</p>	<p>WEDNESDAY</p> <p>MAIN COURSE: SPICY PORK BURGER (GF), 100% BEEF BURGER (C, CE, SD), BBQ CHICKEN BURGER (CE, E, GF, SD) IN A FLOUR BAP (C, SS, M) VEGETARIAN MAIN: QUORN BURGER (V, M, C, CE, E) MAINS SERVED WITH A CHOICE OF: FARMHOUSE FRIES AND HOMEMADE COLESLAW (M, E, MU) DELI WRAP: CHICKEN JALFREZI (H, C, SD, SS) DESSERT: STRAWBERRY MOUSSE (C, E, M)</p>
<p>THURSDAY</p> <p>MAIN COURSE: ROAST CHICKEN WITH ONIONS AND PEPPERS (GF, H) WITH HOMEMADE SPICED WEDGES AND BBQ SAUCE(CE,SD,C,E) VEGETARIAN MAIN: MALAY VEGETABLE CURRY WITH BRAISED RICE (V, CE, S, SS) PASTA(E,C)/NOODLE(E,C)/RICE BAR: ITALIAN MEATBALLS (C, CE), TOMATO AND HERB (GF,V,CE) DESSERT: CHOCOLATE BROWNIE (M,N, C, E)</p>	<p>THURSDAY</p> <p>MAIN COURSE: HERBY ROASTED PORK LOIN WITH ROAST POTATOES, SEASONAL VEGETABLES, GRAVY (CE,GF), SAGE AND ONION STUFFING (C, M, CE) VEGETARIAN MAIN: THAI RED VEGETABLE CURRY WITH BRAISED RICE (V, GF, CE, E) PASTA(E,C)/NOODLE(E,C)/RICE BAR: BBQ CHICKEN (CE, SD, CE, C, E) PROVENCALE VEGETABLES (GF, V,CE) DESSERT: APPLE AND PEACH CRUMBLE WITH CUSTARD (C, E, M)</p>	<p>THURSDAY</p> <p>MAIN COURSE: HONEY 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(E,C)/NOODLE(E,C)/RICE BAR: CHICKEN AND CHORIZO (GF, CE) TOMATO AND PEPPER (GF,V,CE) DESSERT: PINEAPPLE UPSIDEDOWN CAKE WITH CUSTARD (C, E,M)</p>
<p>FRIDAY</p> <p>MAIN COURSE: FISH FINGER BUTTIE (F, M, E, C, MU) VEGETARIAN MAIN: VEGETABLE BURGER (V, M, E, CE, C) IN A FLOUR BAP (M, C, SS) MAINS SERVED WITH A CHOICE OF: FARMHOUSE FRIES & HOMEMADE COLESLAW (M, E, MU) DESSERT: VANILLA AND CHOCOLATE CHIP MUFFIN (C, M, SD, E)</p>	<p>FRIDAY</p> <p>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: WITH FARMHOUSE FRIES & PEAS DESSERT: BANOFFEE MUFFIN (C, M, E, SD)</p>	<p>FRIDAY</p> <p>MAIN COURSE: SOUTHERN STYLE CHICKEN GOUJONS (H, M, E, C, MU) VEGETARIAN MAIN: CHEESE AND ONION PASTY (V, C, E, MU, M) MAINS SERVED WITH A CHOICE OF: WITH FARMHOUSE FRIES & PEAS DESSERT: 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 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: CHICKEN ESCALOPE WITH CHUNKY BBQ, SMOKED BACON AND TOMATO SAUCE (CE, SD, M) GARLIC AND HERB POTATOES (V, GF, CE)
VEGETARIAN MAIN: CHEESE AND TOMATO PASTA BAKE, GARLIC BREAD (V, M, E, CE, C)
MAINS SERVED WITH A CHOICE OF: TOSSED SALAD
DELI WRAP: THAI RED CHICKEN (C, SD, SS)
DESSERT: APPLE AND CINNAMON CAKE (E, C, M)

TUESDAY

MAIN COURSE: CURRY BAR
 CHICKEN JALFREZI (H, CE), TANDORI CHICKEN SKEWER (H, CE), LAMB MADRAS (CE)
VEGETARIAN MAIN: QUORN AND CHICK PEA DANSAK (GF, V, CE)
MAINS SERVED WITH A CHOICE OF: PILAU RICE (GF, CE), FLAT BREAD (C, E, M, SS)
PASTA (E, C) / NOODLE (E, C) / RICE BAR: SMOKY PEPPERONI (GF, CE) POMODORO (GF, V, CE)
DESSERT: BLUEBERRY CHEESECAKE (C, M)

WEDNESDAY

MAIN COURSE: PEPPERONI AND HAM PIZZA (M, C, SS, S, SD)
VEGETARIAN MAIN: CHEESE AND TOMATO PIZZA (V, M, C, SS, S)
MAINS SERVED WITH A CHOICE OF: FARMHOUSE FRIES AND HOMEMADE COLESLAW (M, E, MU)
DELI WRAP: BUTTER CHICKEN (H, CE)
DESSERT: CARROT CAKE MUFFIN (C, E, M, SD)

THURSDAY

MAIN COURSE: STICKY CHILLI COLA CHICKEN (H, GF, CE), BBQ PULLED PORK BURITTO (CE, C, SS), BEEF CHILLI TACO (C, CE, SS)
VEGETARIAN MAIN: VEGETABLE CHILLI ENCHILLADA (V, S, SS, M)
MAINS SERVED WITH A CHOICE OF: POTATO WEDGES (GF), SWEETCORN AND PEPPERS (GF), CHILLI BEANS (CE)
DESSERT: CHOCOLATE BROWNIE (C, M, E, SD)

FRIDAY

CHIP SHOP DAY - MAIN COURSE: BATTERED COD FILLET (F, M, E, C, MU), SAUSAGE (SD, C, MU, CE), MEAT AND POTATO PIE (CE, C, M, E), CHEESE AND ONION SLICE (V, C, E, MU, M)
MAINS SERVED WITH A CHOICE OF: WITH FARMHOUSE FRIES, MUSHY PEAS, CURRY SAUCE, GRAVY
DESSERT: FARMHOUSE FRUIT LOAF (M, C, E, SD)

AVAILABLE EVERYDAY

JACKET POTATOES WITH VARIOUS FILLINGS

SELECTION OF FRESHLY PREPARED HOT OR COLD DESSERTS

SEPTEMBER					OCTOBER				
3	4	5	6	7	1	2	3	4	5
10	11	12	13	14	8	9	10	11	12
17	18	19	20	21	15	16	17	18	19
24	25	26	27	28	22	23	24	25	26
NOVEMBER					DECEMBER				
					3	4	5	6	7
5	6	7	8	9	10	11	12	13	14
12	13	14	15	16	17	18	19	20	21
19	20	21	22	23					
26	27	28	29	30					

WEEK 1	WEEK 2	WEEK 3	WEEK 4
--------	--------	--------	--------

AUTUMN MENU

SEPTEMBER - DECEMBER

2018



www.bloxwichacademy.co.uk
 This document is available online