

WEEK 1	WEEK 2	WEEK 3
<p>MONDAY</p> <p>MAIN COURSE: SALSA CHICKEN (CE) VEGETARIAN MAIN: COD TACO (F, CR, M, E, C) MAINS SERVED WITH A CHOICE OF: BRAISED RICE, SLAW (M, E) AND SWEETCORN DELI WRAP: SWEET CHILLI CHICKEN (C, CE) DESSERTS: MINT CHOCOLATE COOKIE (M, E, C)</p>	<p>MONDAY</p> <p>MAIN COURSE: CHICKEN BALTI (GF, H) VEGETARIAN MAIN: QUORN TIKKA MASALA (V, GF, M) MAINS SERVED WITH A CHOICE OF: BRAISED RICE AND NAAN BREAD (C) DELI WRAP: BBQ CHICKEN (C) DESSERTS: CHOCOLATE CHIP COOKIE (M, E, C)</p>	<p>MONDAY</p> <p>MAIN COURSE: SPICY SAUSAGE (SD, C) OR GARLIC CHICKEN (H, C, M) VEGETARIAN MAIN: ROAST PEPPER (V, GF) MAINS SERVED WITH A CHOICE OF: PASTA (C, E) AND CHOPPED SALAD DELI WRAP: CHILLI CHICKEN (M, C) DESSERTS: VANILLA CUP CAKE (M, E, C)</p>
<p>TUESDAY</p> <p>MAIN COURSE: CAJUN ROAST CHICKEN (GF) VEGETARIAN MAIN: CHEESE AND TOMATO CRUSTLESS QUICHE (M, E, V) MAINS SERVED WITH A CHOICE OF: POTATO WEDGES (C), MIXED VEGETABLES AND CHOPPED SALAD PASTA BAKES (C, E): MEATBALL (SD, C, CE, M) OR TOMATO AND BASIL (V, GF) DESSERTS: CHOCOLATE MOUSSE (M, E)</p>	<p>TUESDAY</p> <p>MAIN COURSE: BEEF LASAGNE (C, E, CE, M, MU) VEGETARIAN MAIN: TOMATO MAC AND CHEESE (M, E, C, MU) MAINS SERVED WITH A CHOICE OF: CHOPPED SALAD AND GARLIC BREAD (C, M) EXTRA: CHILLI CHICKEN (GF, H) AND RICE DESSERTS: JELLY POT (M)</p>	<p>TUESDAY</p> <p>MAIN COURSE: COTTAGE PIE (M, GF) VEGETARIAN MAIN: VEGETABLE PASTIE (V, M, C, CE) MAINS SERVED WITH A CHOICE OF: MIXED VEGTABLES, DICED POTATOES (C) AND GRAVY (GF) DESSERTS: LEMON DRIZZLE (M, E, C)</p>
<p>WEDNESDAY</p> <p>MAIN COURSE: PORK SAUSAGE ROLL (C, M, E) VEGETARIAN MAIN: CHEESE AND ONION PASTIE (M, C, V) MAINS SERVED WITH A CHOICE OF: CHIPS ©, BAKED BEANS AND PEAS DELI WRAP: CHICKEN TIKKA (M, C) DESSERTS: FLAPJACK (C, M)</p>	<p>WEDNESDAY</p> <p>MAIN COURSE: PEPPERONI PIZZA (C, S, SS, SD, M) VEGETARIAN MAIN: CHEESE AND TOMATO PIZZA (C, C, SS, V) MAINS SERVED WITH A CHOICE OF: CHIPS (C), COLESLAW (M, E) AND BAKED BEANS (C) DELI WRAP: MEXICAN CHICKEN (C) DESSERTS: STRAWBERRY MOUSSE (M, E)</p>	<p>WEDNESDAY</p> <p>MAIN COURSE: BEEF BURGER (C, CE, SD) OR SOUTHERN STYLE CHICKEN BURGER (C, CE, SD) SERVED IN A FLOURED BAP (C, S, SS, SD, C, E, M) VEGETARIAN MAIN: VEGETABLE BURGER SERVED IN A FLOUREWD BAP (V, C, S, SS, SD, C, E, M) MAINS SERVED WITH A CHOICE OF: CHIPS (C), COLESLAW (M, E) AND CHOPPED SALAD DESSERTS: SHORTBREAD (M, E, C)</p>
<p>THURSDAY</p> <p>MAIN COURSE: BAKED GAMMON (SD, GF) VEGETARIAN MAIN: CAULIFLOWER CHEESE (M, C) MAINS SERVED WITH A CHOICE OF: MASH POTATOES (M), CARROTS, PEAS AND GRAVY (GF, V) DESSERTS: CHEERY CAKE AND CUSTARD (M, C, E)</p>	<p>THURSDAY</p> <p>MAIN COURSE: ROAST PORK LOIN (GF) VEGETARIAN MAIN: QUORN SAUSAGE PATTIE (V, GF, CE, M, E) MAINS SERVED WITH A CHOICE OF: ROAST POTATOES, SEASONAL VEGETBALES, GRAVY (GF), SAGE AND ONION STUFFING (C, CE) DESSERTS: CHOCOLATE CAKE AND CUSTARD (M, E, C)</p>	<p>THURSDAY</p> <p>MAIN COURSE: ROAST CHICKEN (GF, H) VEGETARIAN MAIN: CHEESE AND POTATO PIE (M) MAINS SERVED WITH A CHOICE OF: ROAST POTATOES, SEASONAL VEGETABLES, GRAVY (GF) AND SAGE AND ONION STUFFING (C, CE) DESSERTS: FRUIT CRUMBLE AND CUSTARD (M, E, C)</p>
<p>FRIDAY</p> <p>MAIN COURSE: CHICKEN GOUJONS (C, M, E) VEGETARIAN MAIN: SOUTHERN STYLE QUORN NUGGETS (E, C, V) MAINS SERVED WITH A CHOICE OF: CHIPS (C), COLESLAW (E, M) AND CHOPPED SALAD DESSERTS: BLUEBERRY MUFFIN (M, E, C)</p>	<p>FRIDAY</p> <p>MAIN COURSE: CHICKEN AND MUSHROOM PIE (CE, C, M, E) OR BEEF AND ONION PIE (CE, C, M, E) VEGETARIAN MAIN: CHEESE AND ONION PASTIE (M, C, V) MAINS SERVED WITH A CHOICE OF: CHIPS (C) BAKED BEANS AND PEAS DESSERTS: CHOCOLAYE BROWNIE (M, E, C)</p>	<p>FRIDAY</p> <p>MAIN COURSE: BATTERD FISH FILLET (F, M, C, E) VEGETARIAN MAIN: QUORN NUGGETS (V, C, M, E) MAINS SERVED WITH A CHOICE OF: CHIPS (C), PEAS AND BAKED BEANS DESSERTS: BUTTERSOTCH MOUSSE (M, E)</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 V – VEGETARIAN H – HALAL GF – GLUTEN FREE</p>

WEEK 4

MONDAY

MAIN COURSE: CHICKEN IN BLACK BEAN SAUCE (S, SS)
VEGETARIAN MAIN: SWEET AND SOUR QUORN (CE, V)
MAINS SERVED WITH A CHOICE OF:
 EGG FRIED RICE (E) OR EGG NOODLES (N, C, SS, E)
DELI WRAP: CURRIED CHICKEN (C, M)
DESSERTS: JELLY POT (M)

TUESDAY

MAIN COURSE: BEEF BOLGONESE (GF)
VEGETARIAN MAIN: RATATOUILLE (V, GF)
MAINS SERVED WITH A CHOICE OF:
 PASTA (C, E) CHOPPED SALAD AND GARLIC BREAD (C, M)
DESSERTS: FARM HOUSE FRUIT CAKE (M, E, C)

WEDNESDAY

MAIN COURSE: BATTERED FISH FILLET (F, M, E, C)
VEGETARIAN MAIN: CHEESE AND ONION PASTIE (C, M, V)
MAINS SERVED WITH A CHOICE OF:
 CHIPS (C), PEAS AND BAKED BEANS
DELI WRAP: SPICED TOMATO (C, M)
DESSERTS: STRAWBERRY MOUSSE (M, E)

THURSDAY

MAIN COURSE: PORK SAUSAGE (C, SD)
VEGETARIAN MAIN: QUORN SAUSAGE (V, GF, CE, M, E)
MAINS SERVED WITH A CHOICE OF:
 MASH POTATOES (M), CHEESE AND POTATOE PIE (M),
 SEASONAL VEGETABLES AND GRAVY (GF, V)
DESSERTS: BANANA SYRUP CAKE WITH CUSTARD (M, E, C)

FRIDAY

MAIN COURSE: CHICKEN GOUJONS (C, M, E)
VEGETARIAN MAIN: SOUTHERN STYLE QUORN BITES (E,C,V)
MAINS SERVED WITH A CHOICE OF:
 CHIPS (C), BAKED BEANS, SLAW (M, E) AND CHOPPED SALAD
DESSERTS: CHOCOLATE COOKIE (M, E, C)

AVAILABLE EVERYDAY

SELECTION OF SANDWICHES AND SALADS

JACKET POTATOES WITH VARIOUS FILLINGS

FRESHLY MADE SOUP OF THE DAY

SELECTION OF FRESHLY PREPARED HOT AND COLD DESSERTS

WEEK 1	WEEK 2	WEEK 3	WEEK 4						
JANUARY					FEBRUARY				
14	15	16	17	18					01
21	22	23	24	25	04	05	06	07	08
28	29	30	31		11	12	13	14	15
					18	19	20	21	22
					25	26	27	28	1
MARCH					APRIL				
04	05	06	07	08	1	2	3	4	5
11	12	13	14	15	8	9	10	11	12
18	19	20	21	22	15	16	17	18	19
25	26	27	28	29	23	24	25	26	27

SPRING MENU

JANUARY – APRIL

2019



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