

Bloxwich Academy Primary Canteen Menu

September – December 2019

Week 1

Monday	Main Course	Pasta Bolognese (CE, E)
	Vegetarian Main	Cheese & Tomato Pasta Bake (V, D, CE, SS, E)
	Served With	Pasta & Garlic Bread (GL,D)
	Desserts	Jelly or Fresh Fruit Yoghurt
Tuesday	Main Course	Hunters Chicken (H, CE, SD, SS)
	Vegetarian Main	Cauliflower & Broccoli Cheese Baker (D, MU, GL)
	Served With	Peas, Carrots & Wedges
	Desserts	Fresh Fruit Salad or Yoghurt
Wednesday	Main Course	Hot Dog (GL, SS, D, SD)
	Vegetarian Main	Vegetable Sausage (D, MU, GL)
	Served With	In a Floured Bap with Chips (GL, SS, SD)
	Desserts	Fresh Fruit Salad or Yoghurt
Thursday	Main Course	Roast Beef & Yorkshire Pudding (GL, E, D)
	Vegetarian Main	Quorn & Vegetable Casserole (CE, D, V, MU, GL)
	Served With	Potatoes, Seasonal Vegetables & Gravy
	Desserts	Jam Sponge (D, E, GL), Fresh Fruit Salad or Yoghurt
Friday	Main Course	Battered Fish (GL, F, MU, D)
	Vegetarian Main	Vegetable Pasty (GL, D, V, E)
	Served With	Chips & Peas
	Desserts	Fresh Fruit Salad or Yoghurt

Available Daily

Jacket Potatoes, Pasta, Baked Beans, Tossed Salad

September 2019							
wk	Mo	Tu	We	Th	Fr	Sa	Su
							1
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October 2019							
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November 2019							
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December 2019							
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	30	31					

Bloxwich Academy Primary Canteen Menu

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Week 2

Monday	Main Course	Sausage (CE, SS, D, SD)
	Vegetarian Main	Vegetable Sausage (GL, V)
	Served With	Mash, Peas & Sweetcorn
	Desserts	Strawberry Jelly or Fresh Fruit Yoghurt
Tuesday	Main Course	Cajun Chicken Wrap (GL, H)
	Vegetarian Main	Roasted Red Pepper & Onion Wrap (GL, V, D, CE)
	Served With	Diced Potatoes (GL, V)
	Desserts	Fresh Fruit Salad or Yoghurt
Wednesday	Main Course	All Day Breakfast (GL, E, D, SD, SS, CE)
	Vegetarian Main	Vegetarian All Day Breakfast (SS, GL, D, CE, E)
	Desserts	Chocolate Cake (GL, D, E), Fresh Fruit Salad or Yoghurt
Thursday	Main Course	Pork Chops
	Vegetarian Main	Vegetable Pasty (GL, V, D)
	Served With	Potatoes, Seasonal Vegetables & Gravy
	Desserts	Fresh Fruit Salad or Yoghurt
Friday	Main Course	Chicken Goujons (H, D, E, GL, MU)
	Vegetarian Main	Quorn Nuggets or Cheese Pasty (V, GL, E, CE)
	Served With	Chips, Peas & Sweetcorn (V, GL, E, D, MU)
	Desserts	Strawberry Mousse (GL, E, D), Fresh Fruit Salad or Yoghurt

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Jacket Potatoes, Pasta, Baked Beans, Tossed Salad

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October 2019							
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P - PEANUTS
N - NUTS (TREE NUTS)
D - DAIRY PRODUCTS
S - SOYA
MU - MUSTARD
L - LUPIN
E - EGGS
F - FISH
GL - GLUTEN
CR - CRUSTACEANS (PRAWNS)
MO - MOLLUSCS (SCALLOPS, MUSSELS)
SS - SESAME SEED
CE - CELERY
SD - SULPHUR DIOXIDE



CE - CELERY

This includes celery stalks, leaves, seeds and the root called celeriac. You can find celery in salt, salads, some meat products, soups and stock cubes.



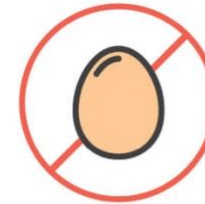
GL - GLUTEN

Wheat, rye, barley and oats is often found in foods containing flour such as some types of baking powder and fried foods which are dusted with flour.



CR - CRUSTACEANS

Crabs, lobster, prawns and scampi are crustaceans. Shrimp paste, often used in Thai and south-east Asian curries or salads, is an ingredient to look out for.



E - EGGS

Eggs are often found in cakes, some meat products, mayonnaise, mousses, pasta, quiche, sauces and pastries or foods brushed or glazed with egg.



F - FISH

You will find this in some fish sauces, pizzas, relishes, salad dressings, stock cubes and Worcestershire sauce.



L - LUPIN

Yes, lupin is a flower, but it's also found in flour! Lupin flower and seeds can be used in some types of bread, pastries and even in pasta.



D - DAIRY

Milk is a common ingredient in butter, cheese, cream, milk powders and yoghurt. It can also be found in foods brushed or glazed with milk, and in powdered soups and sauces.



MO - MOLLUSCS

These include mussels, land snails, squid and whelks, but can also be commonly found in oyster sauce or as an ingredient in fish stews.



MU - MUSTARD

Liquid mustard, mustard powder and mustard seeds fall into this category. This ingredient can also be found in breads, curries, marinades, meat products, salads dressings, sauces and soups.



N - NUTS

This refers to nuts such as cashew nuts, almonds and hazelnuts. You can find nuts in breads, biscuits, crackers, desserts, nut powders, stir-fried dishes, ice cream, marzipan, nut oils and sauces.



P - PEANUTS

Peanuts grow underground. Peanuts are often used as an ingredient in biscuits, cakes, curries, desserts, sauces (such as satay sauce), as well as in groundnut oil and peanut flour.



SS - SESAME SEEDS

These can often be found in bread (sprinkled on burger buns for example), breadsticks, hummus, sesame oil and tahini. They are sometimes toasted and used in salads.



S - SOYA

Soya is a staple ingredient in oriental food. It can also be found in desserts, ice cream, meat products sauces and vegetarian products.



SD - SULPHUR DIOXIDE

This is an ingredient often used in dried fruit such as raisins, dried apricots and prunes. You might also find it in meat products, soft drinks and vegetables.



V - VEGETARIAN



H - HALAL



GF - GLUTEN FREE