

# Bloxwich Academy Secondary Canteen Menu

September – December 2019

## Week 1

<b>Monday</b>	<b>Main Course</b>	Pasta Bolognese (E, D, GL)
	<b>Vegetarian Main</b>	Cheese & Tomato Pasta Bake (V, D, GL, E)
	<b>Served With</b>	Garlic Bread & Wedges (GL, V)
	<b>Deli Wrap</b>	BBQ Chicken (GL)
<b>Tuesday</b>	<b>Main Course</b>	Chicken & Mushroom Pie or Beef & Onion Pie (E, D, GL)
	<b>Vegetarian Main</b>	Cheese & Onion Pasty (E, V, GL)
	<b>Served With</b>	Herb Diced Potatoes, Peas, Carrots (V, GL)
<b>Wednesday</b>	<b>Main Course</b>	Beef Burger or Hot Dog (GL)
	<b>Vegetarian Main</b>	Vegetable Burger (V)
	<b>Served With</b>	In a Floured Bap with Wedges (V, GL)
<b>Thursday</b>	<b>Main Course</b>	Roast Loin of Pork (E, D, GF)
	<b>Vegetarian Main</b>	Quorn & Vegetable Casserole (V, GF)
	<b>Served With</b>	New Potatoes & Seasonal Vegetables (V, GF)
	<b>Deli Wrap</b>	Chicken Tikka Wrap (GL)
<b>Friday</b>	<b>Main Course</b>	Breaded Cod or Sausage Roll (GL, E, D, F)
	<b>Vegetarian Main</b>	Vegetable Pasty (V, GL, E)
	<b>Served With</b>	Chips, Mushy Peas, Curry Sauce & Gravy (V, GF)

### Available Daily

*Jacket Potatoes, Baked Beans, Tossed Salad  
& Dessert of the Day*

### Week 1

### Week 2

### Week 3

### Week 4

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## Week 2

<b>Monday</b>	<b>Main Course</b>	Hunters Chicken <i>(GF)</i>
	<b>Vegetarian Main</b>	Cauliflower Baker <i>(D, V, GL)</i>
	<b>Served With</b>	
	<b>Deli Wrap</b>	Tandoori Chicken Wrap <i>(GL)</i>
<b>Tuesday</b>	<b>Main Course</b>	Sausage & Onions in Gravy or Steak Slice <i>(GL, GF)</i>
	<b>Vegetarian Main</b>	Vegetable Sausage in Onion Gravy <i>(V, GF)</i>
	<b>Served With</b>	Seasonal Vegetables, Mash Potatoes <i>(V, GF)</i>
<b>Wednesday</b>	<b>Main Course</b>	Meat Feast Pizza <i>(GL)</i>
	<b>Vegetarian Main</b>	Cheese & Tomato Pizza <i>(V, GL)</i>
	<b>Served With</b>	Wedges, Peas and Baked Beans <i>(V, GL)</i>
	<b>Deli Wrap</b>	BBQ Chicken <i>(GL)</i>
<b>Thursday</b>	<b>Main Course</b>	Roast Chicken or Roast Pork <i>(GF)</i>
	<b>Vegetarian Main</b>	Cheese & Potato Pie <i>(V, GL)</i>
	<b>Served With</b>	Roast Potatoes, Seasonal Vegetables & Gravy <i>(V, GF, GL)</i>
<b>Friday</b>	<b>Main Course</b>	Chicken Goujons or Fish Fingers <i>(GL)</i>
	<b>Vegetarian Main</b>	Vegetable Pasty <i>(V, GF)</i>
	<b>Served With</b>	Chips, Baked Beans, Coleslaw <i>(GF, D, E, V)</i>

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Jacket Potatoes, Baked Beans, Tossed Salad  
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Week 3		
<b>Monday</b>	<b>Main Course</b>	Pasta & Meatballs (E, D, GF)
	<b>Vegetarian Main</b>	Pasta & Vegetable Quorn Balls (GL, V, GF)
	<b>Served With</b>	Wedges, Coleslaw, Garlic Bread (V, GL, E, D)
	<b>Deli Wrap</b>	Sweet Chilli Chicken Wrap (GL)
<b>Tuesday</b>	<b>Main Course</b>	Chicken or Lamb Curry (GF)
	<b>Vegetarian Main</b>	Vegetable Curry (V)
	<b>Served With</b>	Rice & Naan Bread (V, GF)
<b>Wednesday</b>	<b>Main Course</b>	Cornish Pasty or Fish Cake (E, GL, D, F)
	<b>Vegetarian Main</b>	Vegetable Pasty or Cheese & Onion Quiche (GL, D, E, V)
	<b>Served With</b>	Chips & Peas (V)
<b>Thursday</b>	<b>Main Course</b>	Roast Beef or Roast Pork (GF)
	<b>Vegetarian Main</b>	Vegetable Stew (V, GF)
	<b>Served With</b>	Mash Potatoes, Seasonal Vegetables & Gravy (GL, V, GF)
<b>Friday</b>	<b>Main Course</b>	BBQ /Spicy Chicken Wings (GL) or Fish Goujons (F, GF)
	<b>Vegetarian Main</b>	Cheese & Onion Pasty (V, D, GL)
	<b>Served With</b>	Chips & Sweetcorn (V)

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# Bloxwich Academy Secondary Canteen Menu

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Week 4		
<b>Monday</b>	<b>Main Course</b>	Beef Lasagne (E, GF)
	<b>Vegetarian Main</b>	Vegetable Lasagne (V, GL)
	<b>Served With</b>	Garlic Bread (V, GL)
	<b>Deli Wrap</b>	Sweet & Sour Chicken (GL)
<b>Tuesday</b>	<b>Main Course</b>	Minted Lamb Pie or Cottage Pie (GL)
	<b>Vegetarian Main</b>	Vegetable Cottage Pie (V, GL)
	<b>Served With</b>	Potato Croquets & Mixed Vegetables (V, GL)
<b>Wednesday</b>	<b>Main Course</b>	Chicken Thigh (GF) or Sausages (GL)
	<b>Vegetarian Main</b>	Vegetable Sausages (V, GF)
	<b>Served With</b>	Chips & Baked Beans (GF)
	<b>Deli Wrap</b>	Chicken Tikka (GL)
<b>Thursday</b>	<b>Main Course</b>	Roast Pork or Roast Chicken (GF)
	<b>Vegetarian Main</b>	Savoury Quorn Mince & Onion (V, GF)
	<b>Served With</b>	Roasted New Potatoes, Seasonal Vegetables & Gravy (V, GL)
<b>Friday</b>	<b>Main Course</b>	Southern Friend Chicken Burger or Spicy Chicken Goujons (GL)
	<b>Vegetarian Main</b>	Southern Style Quorn Bites (V, GL)
	<b>Served With</b>	Chips & Baked Beans (V)

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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.



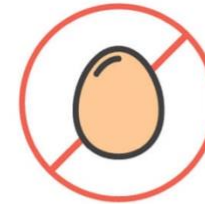
## GL - GLUTEN

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