

Bloxwich Academy Secondary Canteen Menu

January – April 2020

Week 1

Monday	Main Course	Pork Meatballs in Onion Gravy
	Vegetarian Main	Quorn Balls in Onion Gravy (gf,v)
	Served With	Mash Potatoes & Seasonal Vegetables
	Deli Wrap	BBQ Chicken
Tuesday	Main Course	Spicy Chicken & Chorizo Pasta
	Vegetarian Main	Spicy Vegetable Pasta (v)
	Served With	Garlic Bread or Tandoori Wraps
Wednesday	Main Course	Cottage Pie
	Vegetarian Main	Quorn Mince Cottage Pie (v)
	Served With	Served with Seasonal Vegetables & Gravy (v, gf)
Thursday	Main Course	Pork Chops (gf) or Beef Stew (gf)
	Vegetarian Main	Quorn & Vegetable Casserole
	Served With	New Potatoes & Seasonal Vegetables
Friday	Main Course	Breaded Cod or Sausage Roll
	Vegetarian Main	Cheese & Onion Pasty
	Served With	Chips, Mushy Peas, Curry Sauce & Gravy

Available Daily

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

Week 1

Week 2

Week 3

Week 4

January 2020

WK	Mo	Tu	We	Th	Fr	Sa	Su
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February 2020

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March 2020

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April 2020

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January – April 2020

Week 2

Monday	Main Course	Beef Lasagne
	Vegetarian Main	Vegetable Lasagne
	Served With	Served with Peas & Wedges
	Deli Wrap	Tikka Chicken Wrap
Tuesday	Main Course	Minted Lamb Pie or Steak Slice
	Vegetarian Main	Quorn Mince & Onion Pie
	Served With	Seasonal Vegetables, Mash Potatoes
	Deli Wrap	BBQ Chicken Wrap
Wednesday	Main Course	Chicken Curry (gf) or Lamb Curry (gf)
	Vegetarian Main	Vegetable Curry (gf)
	Served With	Rice, Chips & Naan Bread
	Deli Wrap	Salsa Chicken
Thursday	Main Course	Roast Chicken or Roast Pork
	Vegetarian Main	Vegetable Stew
	Served With	Roast Potatoes, Seasonal Vegetables & Gravy
Friday	Main Course	Beef Burger or Hot Dog
	Vegetarian Main	Vegetable Burger
	Served With	Chips, Baked Beans, Coleslaw

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January – April 2020

Week 3		
Monday	Main Course	Hunters Chicken
	Vegetarian Main	Vegan Sausage Roll (v)
	Served With	Wedges & Peas
	Deli Wrap	Salsa Chicken Wrap
Tuesday	Main Course	Pork Sausage
	Vegetarian Main	Vegetable Sausages (v)
	Served With	Mash & Seasonal Vegetables
Wednesday	Main Course	Chilli Con Carne or Tandoori Wrap
	Vegetarian Main	Cheese & Potato Pie (v)
	Served With	Rice & Garlic Bread
Thursday	Main Course	Roast Chicken or Beef
	Vegetarian Main	Vegetable Pie (v)
	Served With	Mash Potatoes, Seasonal Vegetables & Gravy
Friday	Main Course	Chicken Goujons or Chicken Tikka Wrap
	Vegetarian Main	Vegetable Goujons (v)
	Served With	Chips & Sweetcorn

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Week 4		
Monday	Main Course	Chicken Chasseur (gf)
	Vegetarian Main	Quorn Chasseur (gf)
	Served With	Rice
	Deli Wrap	BBQ Chicken
Tuesday	Main Course	Beef & Onion Pie, Chicken Pie or Tandoor Wrap
	Vegetarian Main	Vegetable Lattice
	Served With	Seasonal Vegetables & Mash Potatoes
Wednesday	Main Course	Beef Bolognese or Salsa Wrap
	Vegetarian Main	Vegetable Bolognese (v)
	Served With	Garlic Bread & Pasta
	Deli Wrap	Chicken Tikka
Thursday	Main Course	Roast Pork or Roast Chicken
	Vegetarian Main	Savoury Quorn Mince & Onion
	Served With	Roasted New Potatoes, Seasonal Vegetables & Gravy
Friday	Main Course	Meat Feast Pizza
	Vegetarian Main	Cheese Pizza
	Served With	Chips & Baked Beans

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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.



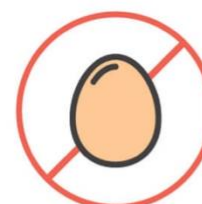
GL - GLUTEN

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