Bloxwich Academy Primary Canteen Menu

January – April 2020

		Week 1
Monday	Main Course	Pork Meatballs in Onion Gravy (SD, GL)
	Vegetarian Main	Quorn Balls in Onion Gravy (GF, V)
	Served With	Mash Potatoes (D, SD,GL,V) & Seasonal Vegetables (V)
	Desserts	Jelly or Fresh Fruit Yoghurt
Tuesday	Main Course	Spicy Chicken & Chorizo Pasta (D, SD, GL, E)
	Vegetarian Main	Spicy Vegetable Pasta (V, E)
	Served With	Garlic Bread and or Tandoor Wraps (V, D, GL)
	Desserts	Fresh Fruit Salad or Yoghurt
Wednesday	Main Course	Meat Feast Pizza (GL, SD)
	Vegetarian Main	Cheese & Tomato Pizza (V, GL)
	Served With	Chips and Baked Beans (V)
	Desserts	Fresh Fruit Salad or Yoghurt
Thursday	Main Course	Roast Pork (GF)
	Vegetarian Main	Savoury Quorn Mince (V)
	Served With	New Potatoes, Seasonal Vegetables & Gravy
	Desserts	Fresh Fruit Salad or Yoghurt
Friday	Main Course	Sausage Roll (GL, D, E, SD)
	Vegetarian Main	Cheese & Onion Pasty (GL, D, E, V)
	Served With	Chips, Mushy Peas, Curry Sauce or Gravy (GF, V)
	Desserts	Fresh Fruit Salad or Yoghurt

Available Daily
Jacket Potatoes, Pasta, Baked Beans, Tossed Salad

Week 1 Week 2

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Bloxwich Academy Primary Canteen Menu January – April 2020

		Week 2
Monday	Main Course	Steak Slice (GL, D, E, SD)
	Vegetarian Main	Quorn Mince Pie (SD, D, V)
	Served With	Served with Peas and Wedges (V)
	Desserts	Fresh Fruit Salad or Yoghurt
Tuesday	Main Course	Sausage (GL, SD)
	Vegetarian Main	Vegetarian Sausage (V)
	Served With	Seasonal Vegetables, Mash Potatoes (D, SD, GL, V)
	Desserts	Fresh Fruit Salad or Yoghurt
Wednesday	Main Course	Chicken (GF) or Lamb Curry (GF)
	Vegetarian Main	Vegetable Curry (V)
	Served With	Rice, Chips & Naan Bread (GL, V)
	Desserts	Fresh Fruit Salad or Yoghurt
Thursday	Main Course	Roast Beef (GF)
	Vegetarian Main	Vegetable Pie (GF, V)
	Served With	Mash Potatoes (D, SD, GL, V), Seasonal Vegetables & Gravy (GF, V)
	Desserts	Fresh Fruit Salad or Yoghurt
Friday	Main Course	Fish (D, SD, GL, V)
	Vegetarian Main	Vegetable Goujons (V)
	Served With	Chips, Baked Beans, Coleslaw (V, D, E)
	Desserts	Fresh Fruit Salad or Yoghurt

Available Daily	
Jacket Potatoes, Pasta, Baked Beans, Tossed Salad	

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Week 1	Week 2

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ALLERGENS KEY

- P-PEANUTS
- N NUTS (TREE NUTS)
- D DAIRY PRODUCTS
- S-SOVA

MU - MUSTARD

- L-LUPIN E-EGGS
- F-FISH
- **GL-GLUTEN**
- CR CRUSTACEANS (PRAWNS)
- MO MOLLUSCS (SCALLOPS, MUSSELS)
- SS SESAME SEED
- **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.







GF - GLUTEN FREE