

Bloxwich Academy Secondary Canteen Menu

September – December 2020

Week 1

Monday	Main Course	Steak Slice (GL,SD)
	Vegetarian Main	Vegetable Slice (V)
	Served With	Garlic & Herb Potatoes (V, GL), Gravy (GF) & Seasonal Vegetables (V)
	Deli Wrap	BBQ Chicken (GL)
Tuesday	Main Course	Hunters Chicken (GL, SD)
	Vegetarian Main	Cauliflower & Broccoli Bake (V, GL)
	Served With	Wedges (GL) or Tandoori Wraps (GL)
Wednesday	Main Course	Cornish Pasty (GL, SD, D)
	Vegetarian Main	Vegan Sausage Roll (V)
	Served With	Served with Chips, Seasonal Vegetables & Gravy (V, GF)
Thursday	Main Course	Sausage & Onions (GL)
	Vegetarian Main	Quorn Sausage & Onions (V)
	Served With	Mash (SD, GL), Seasonal Vegetables (V) & Gravy (GF)
Friday	Main Course	Pepperoni Pizza (GL, SD)
	Vegetarian Main	Cheese & Tomato Pizza (V, GL)
	Served With	Chips (V, GL)

Available Daily

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

Week 1

Week 2

Week 3

Week 4

September 2020

wk	Mo	Tu	We	Th	Fr	Sa	Su
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2	7	8	9	10	11	12	13
3	14	15	16	17	18	19	20
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October 2020

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November 2020

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Week 2

Monday	Main Course	Pasta Bolognese (GL, E, D)
	Vegetarian Main	Vegetable Bolognese (V, GL, E, D)
	Served With	Served with Peas & Garlic Bread (GL, V, D)
	Deli Wrap	Tikka Chicken Wrap (GL)
Tuesday	Main Course	Chicken Curry (GF)
	Vegetarian Main	Vegetable Curry (GF, V)
	Served With	Rice & Naan Bread (V, GL)
Wednesday	Main Course	Beef Burger or Chicken Burger (SD, GL)
	Vegetarian Main	Vegetable Burger (V, GF)
	Served With	Chips, Peas & Beans (GL, V)
Thursday	Main Course	Roast Chicken or Roast Pork (GF)
	Vegetarian Main	Vegetable Stew (GF, V)
	Served With	Roast Potatoes, Seasonal Vegetables & Gravy (V, GF)
Friday	Main Course	Chicken Goujons (GL, SD)
	Vegetarian Main	Vegetable Goujons (GL, V)
	Served With	Chips, Baked Beans, Coleslaw (E, D)

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September – December 2020

Week 3		
Monday	Main Course	Spicy Chicken & Chorizo Pasta <i>(GL, SD)</i>
	Vegetarian Main	Vegetable Pasta Bake <i>(V)</i>
	Served With	Garlic Bread & Peas <i>(V, GL, D)</i>
	Deli Wrap	Salsa Chicken Wrap <i>(GL)</i>
Tuesday	Main Course	Beef & Onion Pie <i>(GL, SD)</i>
	Vegetarian Main	Cheese & Onion Pasty <i>(V, GL)</i>
	Served With	Mash & Seasonal Vegetables & Gravy <i>(V, GL, SD, D, GF)</i>
Wednesday	Main Course	Beef Lasagne or Tandoori Wrap <i>(V, GL, SD, D)</i>
	Vegetarian Main	Vegetable Lasagne <i>(V, GL, D)</i>
	Served With	Wedges <i>(V, GL, D)</i>
Thursday	Main Course	Roast Chicken <i>(GF)</i>
	Vegetarian Main	Vegetable Hot Pot <i>(V, GL, D)</i>
	Served With	Roast Potatoes <i>(V, GL, SD, D)</i> , Seasonal Vegetables & Gravy <i>(GF)</i>
Friday	Main Course	Breaded Fish Tikka Wrap <i>(GL, SD)</i>
	Vegetarian Main	Vegetable Burger <i>(V, GL)</i>
	Served With	Chips & Mushy Peas or Beans <i>(V)</i>

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*Jacket Potatoes, Baked Beans, Tossed Salad
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Week 4		
Monday	Main Course	Chicken Chasseur <i>(GF)</i>
	Vegetarian Main	Quorn Chasseur <i>(GF, V)</i>
	Served With	Rice <i>(V)</i>
	Deli Wrap	BBQ Chicken <i>(GL)</i>
Tuesday	Main Course	Beef & Onion Pie, Chicken Pie or Tandoor Wrap <i>(GL, SD, D)</i>
	Vegetarian Main	Vegetable Lattice <i>(V, GL, SD, D)</i>
	Served With	Seasonal Vegetables & Mash Potatoes <i>(V, GL, SD, D)</i>
Wednesday	Main Course	Beef Bolognese or Salsa Wrap <i>(GL, SD, D,E)</i>
	Vegetarian Main	Vegetable Bolognese <i>(V, GL, SD, D, E)</i>
	Served With	Garlic Bread & Pasta <i>(V, GL, E, D)</i>
	Deli Wrap	Chicken Tikka
Thursday	Main Course	Roast Pork or Roast Chicken <i>(GF)</i>
	Vegetarian Main	Savoury Quorn Mince & Onion <i>(V, GF)</i>
	Served With	Roasted New Potatoes, Seasonal Vegetables & Gravy <i>(V, D, GF)</i>
Friday	Main Course	Meat Feast Pizza <i>(GL, D)</i>
	Vegetarian Main	Cheese Pizza <i>(V, GL, D)</i>
	Served With	Chips & Baked Beans <i>(V)</i>

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ALLERGENS KEY

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.



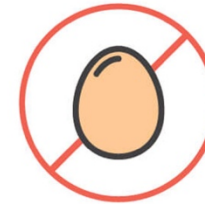
GL - GLUTEN

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