

Bloxwich Primary School Menu

2024

Week 1

Monday	Main Course	Pork and Beef Sausage (GL,SD)
	Vegetarian Main	Quorn Sausage (V,GL)
	Served With	Hash Brown (V,GF) Beans (V,GF) Buttered Bread (GL,D,S)
	Sandwiches	Ham (GL,S) Cheese (GL,D,S) Tuna (GL,F,S)
	Dessert	Fresh Fruit and Yoghurt (V,GF,D)
Tuesday	Main Course	Chicken and Penne Pasta in Tomato and Basil Sauce (GL)
	Vegetarian Main	Macaroni Cheese (V,GL,D)
	Served With	Roasted Broccoli and Cauliflower (V,GF) Garlic Bread (V,GL,D)
	Sandwiches	Ham (GL,S) Cheese (GL,D,S) Tuna (GL,F,S)
	Dessert	Raspberry Flapjack (V,GL,D)
Wednesday	Main Course	Wholemeal Cheese and Tomato Pizza (V,GL,D)
	Served With	Farmhouse Fries (V,GF) Cucumber Batons and Carrot Sticks
	Sandwiches	Ham (GL,S) Cheese (GL,D,S) Tuna (GL,F,S)
	Dessert	Ice Cream (V,D)
	Thursday	Main Course
Vegetarian Main		Quorn Vegan Fillet (V,GL)
Served With		Steamed Baby Potatoes (V,GF) Steamed Fresh Broccoli , Carrots and Peas (V,GF) Gravy (V,GF)
Sandwiches		Ham (GL,S) Cheese (GL,D,S) Tuna (GL,F,S)
Dessert		Peach and Vanilla Sponge (V,GL,E) and Custard (V,D,GF)
Friday	Main Course	Fish fingers (GL,F)
	Vegetarian Main	Vegetable Fingers (V,GF)
	Served With	Farmhouse fries (V,GF) Peas
	Sandwiches	Ham (GL,S) Cheese (GL,D,S) Tuna (GL,F,S)
	Dessert	Raisin Cupcake (V,GL,D,E)

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Week 2

Monday	Main Course	Pork Sausage Roll (GL,D,SD,S)
	Vegetarian Main	Vegetarian Sausage Roll (V,GL) MAY CONTAIN (E,D)
	Served With	Tater Bites (V,GF) Beans (V,GF) or Salad
	Sandwiches	Ham (GL,S) Cheese (GL,D,S) Tuna (GL,F,S)
	Dessert	Fresh Fruit and Yoghurt (V,GF,D)
Tuesday	Main Course	Beef Bolognese (GF)
	Vegetarian Main	Tomato and Basil Sauce (V,GL)
	Served With	Wholewheat Fusilli Pasta (V,GL) Cheese (V,D,GF) Garlic Bread (V,GL,D) and Salad
	Sandwiches	Ham (GL,S) Cheese (GL,D,S) Tuna (GL,F,S)
	Dessert	Raisin Flap Jack (V,GL,D)
Wednesday	Main Course	Wholemeal Cheese and Tomato Pizza (V,GL,d)
	Served With	Farmhouse Fries (V,GF)
		Cucumber Batons and Carrot Sticks
	Sandwiches	Ham (GL,S) Cheese (GL,D,S) Tuna (GL,F,S)
	Dessert	Ice Cream (V,D)
Thursday	Main Course	Roast Chicken (GF)
	Vegetarian Main	Quorn Vegan Fillet (V,GL)
	Served With	Mashed Potato (V,GF,D) Peas and Gravy (V,GF)
	Sandwiches	Ham (GL,S) Cheese (GL,D,S) Tuna (GL,F,S)
	Dessert	Coconut Jam Sponge (V,GL,D,E) with Custard (GF,D)
Friday	Main Course	Chicken Goujons (H,GL)
	Vegetarian Main	Falafel bites (V,GL)
	Served With	Farmhouse Fries (V,GF) Beans (V,GF)
	Sandwiches	Ham (GL,S) Cheese (GL,D,S) Tuna (GL,F,S)
	Dessert	Cherry Cupcake (V,GL,D,E)

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Week 3

Monday	Main Course	Fish fingers (GL,F)
	Vegetarian Main	Vegetable Fingers (V,GL)
	Served With	Jacket Potato (V,GF) Beans (V,GF) and Salad
	Sandwiches	Ham (GL,S) Cheese (GL,D,S) Tuna (GL,F,S)
	Dessert	Fresh fruit and Yoghurt (V,GF,D)
Tuesday	Main Course	Beef Chilli Con Carne (GF)
	Vegetarian Main	Three Bean Vegetable Chilli Con Carne (V,GF)
	Served With	Rice (GF) Roasted Sweetcorn and Garlic Bread (V,GL,D)
	Sandwiches	Ham (GL,S) Cheese (GL,D,S) Tuna (GL,F,S)
	Dessert	Banana Flapjack (V,GL,D)
Wednesday	Main Course	Wholemeal Cheese and Tomato Pizza (V,GL,D)
	Served With	Farmhouse Fries (V,GF)
		Cucumber sticks and Carrot Batons or Beans (V,GF)
	Sandwiches	Ham (GL,S) Cheese (GL,D,S) Tuna (GL,F,S)
	Dessert	Ice Cream (V,GF,D)
Thursday	Main Course	Roast Chicken (GF) or Oven Baked Salmon (F,GF)
	Vegetarian Main	Quorn Vegan Fillet (V,GL,)
	Served With	Roast Potatoes (V,GF) Steamed Fresh Cauliflower , Carrots and Peas and Gravy (V,GF)
	Sandwiches	Ham (GL,S) Cheese (GL,D,S) Tuna (GL,F,S)
	Dessert	Lemon Sponge Cake (V,GL,D,E) with Custard (V,D)
Friday	Main Course	Ham and Cheese Toastie (GL,S,D)
	Vegetarian Main	Cheese Toastie (V,GL,S,D)
	Served With	Farmhouse Fries (V,GF) Beans (V,GF)
	Sandwiches	Ham (GL,S) Cheese (GL,D,S) Tuna (GL,F,S)
	Dessert	Coconut Cupcake (V,GL,E,D)

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Week 4

Monday	Main Course	Bacon (GF)
	Vegetarian Main	Quorn Sausage (V,GL)
	Served With	Oven Baked Potato Waffle (V,GF,E) Wholewheat Spaghetti Rings in Tomato Sauce (V,GL) or Salad
	Sandwiches	Ham (GL,S) Cheese (GL,D,S) Tuna (GL,F,S)
	Dessert	Fresh fruit and Yoghurt (V,GF,D)
Tuesday	Main Course	Chicken Balti (GF)
	Vegetarian Main	Cauliflower & Red Pepper Balti (V,GF)
	Served With	Rice (V,GF) Naan (V,GL,D)
	Sandwiches	Ham (GL,S) Cheese (GL,D,S) Tuna (GL,F,S)
	Dessert	Cherry Flapjack (V,GL,D)
Wednesday	Main Course	Wholemeal Cheese and Tomato Pizza (V,GL,D)
	Served with	Farmhouse Fries (V,GF)
		Cucumber Batons and Carrot Sticks
	Sandwiches	Ham (GL,S) Cheese (GL,D,S) Tuna (GL,F,S)
	Dessert	Ice Cream (V,GF,D)
Thursday	Main Course	Roast Chicken (GF)
	Vegetarian Main	Quorn Vegan Fillet (V,GL)
	Served With	Mashed Potato (V,GF,D) Yorkshire Pudding (V,GL,D,E) peas and Gravy (V,GF)
	Sandwiches	Ham (GL,S) Cheese (GL,D,S) Tuna (GL,F,S)
	Dessert	Apple Sponge Cake (V,GL,D) with Custard (GF,D)
Friday	Main Course	Beef Burger (GL,SD,S) MAY CONTAIN SS
	Vegetarian Main	Vegetable Burger (V,GL) MAY CONTAIN SS
	Served With	Farmhouse Fries (V,GF) Salad
	Sandwiches	Ham (GL,S) Cheese (GL,D,S) Tuna (GL,F,S)
	Dessert	Orange Cupcake (V,GL,D,E)

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.



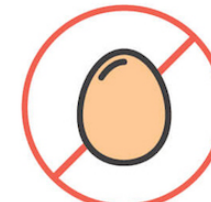
GL - GLUTEN

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.



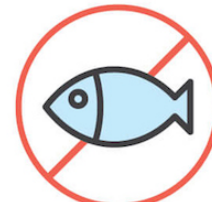
CR - CRUSTACEANS

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