



Blackpool Catering Services

LUNCH TIME MENU

WEEK 1

01/11, 22/11
13/12, 10/01
31/01, 28/02
21/03, 11/04



MONDAY

Wholemeal Pastas & Meatballs in a Tomato Sauce with Cheese & Crusty Wholemeal Bread
or
Italian Style Quorn Fillet topped with Pizza Sauce, Cheese & Herbs & served with Wholemeal Pasta
~
Fresh Broccoli, Garden Peas
~
Jacket Potato with Cheddar Cheese
~
Chocolate & Mandarin Mousse



TUESDAY

Roast Pork with Sage & Onion Stuffing and Gravy
or
(v) Sausage with Gravy
~
Sliced Cabbage, Mashed Potato and Fresh Carrots
~
Jacket Potato with RS Baked Beans
~
Frozen Raspberry Ripple Mousse



WEDNESDAY

Brunch for Lunch
Sausage, Hash Brown, Omelette with Brown Bread and Butter
or
(v) Sausage, Hash Brown, Omelette with Brown Bread & Butter
~
RS Baked Beans
~
Jacket Potato with Tuna Mayo
~
Cook's - Fruit Crumble and Custard

THURSDAY

Chicken Fillet with BBQ Sauce, Melted Cheese with Pasta
or
Quorn Pasta Bake with Crusty Bread
~
Green Beans & Baton Carrots
~
Jacket Potato with Cheddar Cheese
~
Chocolate and Vanilla Sponge with Chocolate Sauce



FRIDAY

Seaside Salmon in a Crispy Batter with Chips
or
Crispy Golden Vegetarian Nuggets with Chips
~
Garden Peas & Sweetcorn
~
Jacket Potato with RS Baked Beans
~
Mini Doughnuts with Fruit Sauce

WEEK 2

08/11, 29/11
20/12, 17/01
07/02, 07/03
28/03

MONDAY

Creamy Quorn Tikka Masala with Naan Bread
or
Baked Meatballs in Tomato Sauce topped with Cheese
or
Broccoli & Cauliflower Florets Savoury Vegetable Rice
~
Jacket Potato with Cheddar Cheese
~
Strawberry Mousse



TUESDAY

Minced Beef & Gravy with Yorkshire Pudding
or
Tomato and Basil Pasta with Crusty Wholemeal Bread
~
Mashed Potato
Diced Carrot, Swede & Green Beans
~
Jacket Potato with RS Baked Beans
~
Raspberry Bun

WEDNESDAY

Golden Chicken Fillet Burger in a Bun with Mayo and Lettuce
or
(V) Sausage Roll
~
Fries & RS Baked Beans
~
Jacket Potato with Tuna & Sweetcorn Mayonnaise
~
Chocolate Sponge & Custard

THURSDAY

Cook's Homemade Ham & Cheese Pizza
or
Sweet Chilli Quorn & Cheese Wrap
~
Herby Jacket Wedges
Coleslaw & Mixed Vegetables
~
Jacket Potato with Cheddar Cheese
~
Ice Cream

FRIDAY

Young's Crispy Battered Fillet of Fish with Chunky Chips
or
Golden Veggie Fingers & Chunky Chips
~
Garden Peas & Sweetcorn
~
Jacket Potato with RS Baked Beans
~
Fruit Jelly

WEEK 3

15/11, 06/12
03/01, 24/01
21/02, 14/03
04/04



MONDAY

Pasta Bolognese with Crusty Baked Bread and Butter
or
Baked Cheese and Pepper Tortilla Wrap served with Vegetable Rice
~
Fresh Broccoli & Sweetcorn
~
Jacket Potato with Tuna & Sweetcorn Mayonnaise
~
Arctic Roll with Fruit Sauce

TUESDAY

Roast Chicken Fillet with Sage & Onion Stuffing & Chicken Gravy
or
Roast Quorn Fillet with Stuffing & Gravy
~
Fresh Carrots, Cauliflower and New Potatoes
~
Jacket Potato with Cheddar Cheese
~
Frosted Shortbread Biscuit

WEDNESDAY

All American Cheeseburger in a Bun
or
(V) Hot-Dog
~
Spiced Potato Wedges & Baked Beans
~
Jacket Potato with RS Baked Beans
~
Ginger Sponge with Custard

THURSDAY

Cook's Lasagne & Homemade Garlic & Herb Bread
or
Cook's Margherita Pizza & Homemade Garlic & Herb Bread
~
Baton Carrots & Garden Peas
~
Jacket Potato with Cheddar Cheese
~
Ice Cream

FRIDAY

Fish Finger Barmcake with Chips
or
Crisp and Golden Vegetarian Nuggets with Chips
~
Baked Beans & Sweetcorn
~
Jacket Potato with RS Baked Beans
~
Blueberry Muffin



AVAILABLE DAILY: wholegrain bread basket, yoghurts, a freshly prepared selection of fruit and fresh water - All our menus are compliant with the School Food Standards—we source as much of our produce locally and where possible we source farm assured meats, MSC fish and free range eggs. Lo-Salt is always used as well as low fat milk and yoghurts —we have reduced sugar by 10% in all our recipes. If you require advice regarding allergens, please contact the Unit Catering Manager