



Blackpool Catering Services

LUNCH TIME MENU

WEEK 1

01/05, 22/05,
12/06, 03/07,
04/09, 25/09
16/10



MONDAY

- (v) Pasta in Tomato & Herb Sauce with Wholemeal Bread
or
- (v) Cook's Homemade Cheddar Cheese Quiche with New Potatoes
Served with Seasonal Veg or Salad
- (v) Jacket Potato with Baked Beans
- (v) Free Range Egg Mayo Sandwich
- (v) Strawberry Delight



TUESDAY

- Roast Chicken Dinner, Sage & Onion Stuffing, Creamy Mash Potato & Gravy
or
- (v) Plant Power Savoury Mince, Creamy Mash Potato & Gravy
Served with Seasonal Veg or Salad
- Jacket Potato with Tuna Mayonnaise
- Roast Turkey Sandwich
- (v) Chocolate Orange Cookie with Fresh Orange Slices



WEDNESDAY

- Mini All Day Breakfast
Pork Sausages, Baked Beans & Crispy Hash Brown
or
- (v) Mini All Day Breakfast
Sausages, Baked Beans & Crispy Hash Brown
- (v) Jacket Potato with Baked Beans
- (v) Tuna Mayonnaise Sandwich
- (v) Frozen Strawberry Yoghurt Pot

THURSDAY

- Cook's Chicken Curry with mixed Wholegrain & White Rice
or
- (v) Diddy Cheese & Tomato Pizza Panini with Homemade Coleslaw
- Jacket Potato with Tuna Mayo
- Roast Ham Sandwich
- Raspberry Jelly & Mandarins



FRIDAY

- Battered Pollock Fillet, Chunky Chips & Baked Beans or Peas
or
- (v) Vegetable Nuggets, Chunky Chips & Baked Beans or Peas
- (v) Jacket Potato with Baked Beans
- Cheddar Cheese Sandwich
- (v) Iced Vanilla Sponge

WEEK 2

17/04, 08/05
19/06, 10/07
11/09, 02/10

MONDAY

- (v) Wholegrain Pasta in Arrabiata Tomato Sauce with Crusty Bread
or
- (v) Sweet Potato & Chickpea Curry with Wholegrain Rice & Naan Bread
Served with Seasonal Veg or Salad
- (v) Jacket Potato with Grated Cheddar Cheese
- (v) Free Range Egg Mayo Sandwich
- (v) Vanilla Ice Cream with Peach Slices

TUESDAY

- Red Tractor Savoury Minced Beef, Yorkshire Pudding, Roast Potatoes & Gravy
or
- (v) Plant Power Cottage Pie, Yorkshire Pudding & Gravy
Served with Seasonal Veg or Salad
- Jacket Potato with Tuna Mayo
- Roast Ham Sandwich
- (v) Raspberry Bun

WEDNESDAY

- Smothered BBQ Chicken with New Potatoes
or
- (v) Vegetarian Cheese & Onion Roll with Baked Beans & New Potatoes
Served with Seasonal Veg or Salad
- (v) Jacket Potato with Baked Beans
- Tuna Mayo Sandwich
- Orange Jelly with Fruit Cocktail

THURSDAY

- Pork Meatball in Tomato Sauce with Savoury Vegetable Rice
or
- (v) Plant Power Fajita Wrap with Savoury Vegetable Rice
Served with Seasonal Veg or Salad
- Jacket Potato with Tuna Mayo
- (v) Cheddar Cheese Sandwich
- (v) Chocolate & Beetroot Muffin



FRIDAY

- Young's Crispy Fish finger, Chunky Chips & Baked Beans or Peas
or
- (v) Crispy Vegetable Fingers, Chunky Chips & Baked Beans or Peas
- (v) Jacket Potato with Baked Beans
- Roast Turkey Sandwich
- (v) Cook's Iced Cupcake

WEEK 3

24/04, 15/05
05/06, 26/06
17/07, 18/09
09/10



MONDAY

- (v) Cook's Choice Homemade Pizza
or
- (v) Sweet & Sour Vegetable Noodles with Wholemeal Bread
Served with Seasonal Veg or Salad
- (v) Jacket Potato with Baked Beans
- (v) Egg Mayo Sandwich
- (v) Fruit Salad & Vanilla Ice Cream

TUESDAY

- Red Tractor British Pork Sausages, Creamy Mash Potato & Gravy
or
- (v) Vegetarian Sausages, Creamy Mash Potato & Gravy
Served with Seasonal Veg or Salad
- (v) Jacket Potato with Cheddar Cheese
- Tuna Mayo Sandwich
- (v) Cook's Choice Flapjack

WEDNESDAY

- Crispy Chicken Breast Burger in a Bun with Baked Jacket Potato Wedges
or
- (v) Diddy Plant Meatball Sub Roll with Baked Jacket Potato Wedges
Served with Seasonal Veg or Salad
- Jacket Potato with Tuna Mayo
- (v) Cheddar Cheese Sandwich
- (v) Chocolate Cracknel

THURSDAY

- Chicken Tikka Curry, Wholegrain Rice & Naan Bread
or
- (v) Cheese & Tomato Pasta with Wholemeal Bread
Served with Seasonal Veg or Salad
- (v) Jacket Potato with Cheddar Cheese
- Roast Ham Sandwich
- (v) Golden Oat & Cherry Cookie



FRIDAY

- Crispy Seaside Cod & Salmon Fishcake, Chunky Chips & Baked Beans or Peas
or
- (v) Vegetarian Sausage Roll, Chunky Chips & Baked Beans or Peas
- (v) Jacket Potato with Baked Beans
- Roast Turkey Sandwich
- (v) Shortbread Biscuit

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