



Blackpool Catering Services

LUNCH TIME MENU

WEEK 1

24/08, 14/09
05/10, 26/10
16/11, 07/12
28/12, 18/01
08/02

MONDAY

Vegetarian Meatballs in a Homemade Tomato Sauce, Wholegrain Pasta & Crusty Bread
or
FR Egg & Cheese Flan & New Potatoes
~
RS Baked Beans & Sweetcorn
~
Bakewell Tart & Custard



TUESDAY

RSPCA Assured Roast Pork Loin, Mashed Potatoes, Sage & Onion Stuffing & Gravy
or
Linda McCartney Vegetarian Sausage, Creamed Potatoes & Gravy
~
Sliced Carrots & Broccoli
~
Gluten Free Chocolate Cookie



WEDNESDAY

British Beef Burger with Tomato Ketchup, Oven Baked Potato Wedges, Homemade Coleslaw
or
Diddy Vegetable Pizza Panini, Oven Baked Potato Wedges, Homemade Coleslaw
~
Mixed Veg & RS Baked Beans
~
Frozen Yoghurt Pot

THURSDAY

Chicken & Sweetcorn Carbonara Wholegrain Pasta, Tomato & Herb Bread
or
Quorn Sweet Potato Curry & Savoury Vegetable Rice
~
Garden Peas & Diced Carrots
~
Orange Jelly & Mandarins



FRIDAY

Harry Ramsdens's Junior Bubble Crisp Pollock & Chunky Chips (Gluten Free) (MSC)
or
Golden Vegetable Fingers & Chunky Chips
~
Mushy Peas & Sweetcorn
~
Chocolate Sponge & Custard

WEEK 2

31/08, 21/09
12/10, 02/11
23/11, 14/12
04/01, 25/01
15/02

MONDAY

Quorn Chilli with Chickpeas & Wholegrain Rice, Pitta Bread
or
Cheese & Onion Lattice & Creamed Potatoes
~
Cauliflower & Broccoli
~
Peach Slices & Ice Cream Pot

TUESDAY

British Roast Chicken, Sage & Onion Stuffing, Creamed Potatoes & Gravy
or
Arrabiata Tomato Sauce, Wholegrain Pasta & Crusty Bread
~
Sliced Carrots & Cabbage
~
Raspberry Bun

WEDNESDAY

Red Tractor Pork Sausages, Creamed Potatoes & Gravy
or
Quorn Fajita Wrap & Savoury Vegetable Rice
~
Reduced Sugar Baked Beans & Mixed Vegetables
~
Homemade Rice Pudding

THURSDAY

Spaghetti Bolognese, Wholegrain Pasta, Tomato & Herb Bread
or
Special Quorn Rice & Naan Bread
~
Sweetcorn & Green Beans
~
Chocolate & Beetroot Muffin

FRIDAY

Young's Crispy Fishfinger (MSC) & Chunky Chips
or
Vegetable Quarter Pounder & Chunky Chips
~
Garden Peas & Reduced Sugar Baked Beans
~
Vanilla Sponge & Custard



WEEK 3

07/09, 28/09
19/10, 09/11
30/11, 21/12
11/01, 01/02

MONDAY

Homemade Cook's Choice Pizza made with Wholemeal Flour, Oven Baked Herby Diced Potatoes
or
Tomato & Cheese Pasta & Crusty Wholegrain Bread
~
RS Sugar Baked Beans & Garden Peas
~
Chocolate Brownie & Orange Wedges



TUESDAY

Traditional Roast Beef, Yorkshire Pudding, Roast Potatoes & Gravy
or
Quorn Savoury Mince in a Yorkshire Pudding
~
Carrot Batons & Broccoli
~
Cook's Choice Sponge & Custard



WEDNESDAY

GF Pork, Red Pepper, Sweet Potato and Butternut Squash Meatballs, Wholegrain Pasta & Tomato Sauce
or
Cheese & Tomato Quiche & New Potatoes
~
Sliced Carrots & Garden Peas
~
Strawberry Jelly & Watermelon Slices

THURSDAY

Cook's Choice Chicken Curry, Savoury Vegetable Rice & Naan Bread
or
Mexican Cheese & Tomato Wrap & Savoury Vegetable Rice
~
Mixed Vegetables & Sweetcorn
~
Ice Cream Pot & Fruit Salad



FRIDAY

Harry Ramsden's Seaside Salmon & Chunky Chips (Gluten Free) (MSC)
or
Quorn Nuggets & Chunky Chips
~
Garden Peas & Reduced Sugar Baked Beans
~
Shortbread Biscuit

AVAILABLE DAILY: Bread basket, salad bar, yoghurts, freshly prepared fruit salad and drinking water. All our menus are compliant with the school food standards – 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