



Blackpool Catering Services

# LUNCH TIME MENU

## WEEK 1

24/02, 16/03,  
06/04, 27/04,  
18/05, 08/06,  
29/06, 20/07

### MONDAY



Vegetarian Meatballs in a Homemade Tomato Sauce, Wholegrain Pasta & Crusty Bread  
or  
FR Egg & Cheese Flan & New Potatoes  
~  
RS Baked Beans & Sweetcorn  
~  
Strawberry Delight & Fresh Strawberries

### TUESDAY

RSPCA Assured Roast Pork Loin, Mashed Potatoes, Sage & Onion Stuffing & Gravy  
or  
Linda McCartney Vegetarian Sausage, Creamed Potato & 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, 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  
~  
Iced Chocolate Sponge

## WEEK 2

02/03, 23/03,  
13/04, 04/05,  
25/05, 15/06,  
06/07, 27/07

### 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  
~  
Iced Vanilla Sponge

## WEEK 3

09/03, 30/03,  
20/04, 11/05,  
01/06, 22/06,  
13/07

### 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  
~  
GF Cookie & Orange Wedges

### TUESDAY

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

### 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 (Gluten Free) (MSC) & Chunky Chips  
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