



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

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



TUESDAY

Roast Pork with Sage & Onion Stuffing and Gravy
or
Sweet Potato and Butternut Squash Curry with Rice and Naan Bread
~
Sliced Cabbage, Mashed Potato and Fresh Carrots
~
Jacket Potato with RS Baked Beans Roast Turkey Sandwich
~
Cook's - Fruit Crumble and Custard



WEDNESDAY

Brunch for Lunch
Sausage, Hash Brown, Omelette with Brown Bread and Butter
or
(v) Sausage, Golden Vegetable Bake with Hash Brown
~
RS Baked Beans
~
Jacket Potato with Tuna Mayo FR Egg Mayonnaise Sandwich
~
Frozen Raspberry Ripple Mousse

THURSDAY

Chicken Fillet with BBQ Sauce, Ham and Melted Cheese with Pasta
or
Tomato, Cheese & Herb Meatballs with Pasta & Crusty Bread
~
Green Beans & Fresh Diced Carrots
~
Jacket Potato with Cheddar Cheese Roast Ham Sandwich
~
Chocolate and Vanilla Sponge with Custard



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 Tuna Mayonnaise Sandwich
~
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 Cheddar Cheese Sandwich
~
Strawberry Mousse



TUESDAY

Roast Beef with Yorkshire Pudding and Gravy
or
Tomato and Basil Pasta with Crusty Wholemeal Bread
~
Mashed Potato
Diced Carrot, Swede & Green Beans
~
Jacket Potato with RS Baked Beans Roast Turkey Sandwich
~
Chocolate Sponge & Custard



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 FR Egg Mayonnaise Sandwich
~
Raspberry Bun

THURSDAY

Cook's Homemade Ham & Cheese Pizza with Homemade Garlic & Herb Bread
or
Sweet Chilli Quorn & Cheese Wrap
~
Herby Jacket Wedges & Homemade Coleslaw
~
Jacket Potato with Cheddar Cheese Roast Ham Sandwich
~
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 Tuna & Sweetcorn Mayo Sandwich
~
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 Cheddar Cheese Sandwich
~
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 Roast Turkey Sandwich
~
Ginger Sponge with Custard



WEDNESDAY

All American Cheeseburger in a Bun
or
(V) Hot-Dog
~
Spiced Potato Wedges & Baked Beans
~
Jacket Potato with RS Baked Beans FR Egg Mayonnaise Sandwich
~
Frosted Shortbread Biscuit

THURSDAY

Cook's Lasagne with Crusty Bread
or
Cook's Margherita Pizza
Homemade Garlic & Herb Bread
~
Fresh Broccoli & Garden Peas
~
Jacket Potato with Cheddar Cheese Ham and Cheese Sandwich
~
Blueberry Muffin



FRIDAY

Fish Finger Barmcake with Chips
or
Crisp and Golden Vegetarian Nuggets with Chips
~
Baked Beans & Sweetcorn
~
Jacket Potato with RS Baked Beans Tuna & Sweetcorn Mayo Sandwich
~
Ice Cream



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