

# Autumn 2018

EAT WELL  
WITH BUBBLE  
& SQUEAK

w/c 3rd Sept, 24th Sept, 15th Oct, 5th Nov, 26th Nov, 17th Dec

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Veg - All Day Breakfast</b> Quorn sausage, hash brown, tomato, baked beans	<b>Cauliflower &amp; Broccoli Cheese</b> with herby bread	<b>Quorn Roast</b> with gravy & potatoes	<b>Pasta Bar</b> with selection of homemade sauces	<b>Mini Cheese Pinwheel</b> with chips & tomato sauce
<b>All Day Breakfast</b> Pork sausage, bacon, hash brown, tomato, baked beans	<b>Beef Lasagne</b>	<b>Roast Chicken</b> with stuffing, gravy & potatoes	Tomato & Basil Beef Bolognese Carbonara with Ham	<b>Golden Fish Fingers (Cod &amp; Salmon)</b> with chips
<b>Pineapple Upside Down Cake</b>	<b>Tutti Frutti Tuesday</b> Strawberry Mousse & fruit	<b>Cheese &amp; Crackers</b> with fruit	<b>Winter Sponge</b>	<b>Apple Flajack</b>

## WEEK 1

Purchasing by Department Report

w/c 10th Sept, 1st Oct, 22nd Oct, 12th Nov, 3rd Dec

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Sweet Potato &amp; Chickpea Curry</b> with wholemeal rice	<b>Cheese, Potato &amp; Leek Bake</b> with baked beans	<b>Shepherdess Hotpot</b> with gravy	<b>Macaroni Cheese</b> with herby bread	<b>Quorn Meatball Sub</b> with homemade tomato sauce
<b>Pork Sausage</b> with mash & gravy	<b>BBQ Chicken Burrito</b>	<b>Roast Pork</b> with gravy & potatoes	<b>Chicken Curry</b> with wholemeal rice	<b>Battered Fish</b> with chips
<b>Carrot Muffin</b>	<b>Tutti Frutti Tuesday</b> Yoghurt, fruit & crunchy toppings	<b>Fruit Crumble</b> with custard	<b>Chocolate Crunch</b>	<b>Sultana and Oat Cookie</b> with fruit slices

## WEEK 2

w/c 27th Aug, 17th Sept, 8th Oct, 29th Oct, 19th Nov, 10th Dec

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Homemade Pizza</b> vegetarian toppings	<b>Vegetable Lasagne</b>	<b>Quorn Toad in the Hole</b> with gravy & potatoes	<b>Crispy Topped Vegetarian Pie</b>	<b>Cheese &amp; Bean Wrap</b> with chips
<b>Homemade Pizza</b> meat toppings	<b>Chicken &amp; Vegetable Pie</b> with mash	<b>Roast Turkey</b> with stuffing, gravy and potatoes	<b>Homemade Beefburger</b> with oven baked wedges	<b>Golden Fish Fingers (Cod &amp; Salmon)</b> with chips
<b>Shortbread Biscuit</b> with fruit slices	<b>Tutti Frutti Tuesday</b> Yoghurt, fruit & crunchy toppings	<b>Apple &amp; Banana Cake</b> with custard	<b>Winterberry Cheesecake</b>	<b>Jamaican Ginger Cake</b> Option 2

## WEEK 3

We offer seasonal vegetables, bread, yoghurt and fruit daily. (allergy information is available)

Served Daily

baked jacket potato with a choice of toppings



Meat  
V Veggie  
J Jacket Potato  
P Packed Lunch

Aspens