

Autumn 2018

EAT WELL
WITH BUBBLE
& SQUEAK

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

WEEK 1

Monday	Tuesday	Wednesday	Thursday	Friday
✓ Vegetarian Brunch Handmade vegetable pattie, frittata, beans and tomato ▲ Brunch (Meat) Handmade chicken pattie, frittata, beans and tomato Pineapple Upside Down Cake	✓ Cauliflower & Broccoli Cheese with herby bread ▲ Beef Lasagne Tutti Frutti Tuesday Strawberry Mousse & fruit	✓ Quorn Roast with gravy & potatoes ▲ Roast Chicken with stuffing, gravy & potatoes Cheese & Crackers with fruit	Pasta Bar with selection of homemade sauces ✓ Tomato & Basil Beef Bolognese Winter Sponge	✓ Mini Cheese Pinwheel with chips & tomato sauce Golden Fish Fingers (Cod & Salmon) with chips Apple Flapjack

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

WEEK 2

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

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

WEEK 3

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

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

Served Daily

A baked jacket potato with a choice of toppings



▲ Meat
✓ Veggie
◆ Jacket Potato
■ Packed Lunch

Aspens

BUBBLE