

# 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
<b>✓ Vegetarian All Day Breakfast</b> Quorn sausage, hash brown, beans & tomato <b>▲ All Day Breakfast</b> Pork sausage, bacon, hash brown, beans & tomato <b>Pineapple Upside Down Cake</b>	<b>✓ Cauliflower &amp; Broccoli Cheese</b> with herby bread <b>▲ Beef Lasagne</b> <b>Tutti Frutti Tuesday</b> Strawberry Mousse & fruit	<b>✓ Quorn Roast</b> with gravy & potatoes <b>▲ Roast Chicken</b> with stuffing, gravy & potatoes <b>Cheese &amp; Crackers</b> with fruit	<b>Pasta Bar</b> with selection of homemade sauces <b>✓ Tomato &amp; Basil</b> <b>▲ Beef Bolognese</b> <b>▲ Carbonara</b> <b>Fruit Crumble</b> with custard	<b>✓ Mini Cheese Pinwheel</b> with chips & tomato sauce <b>Golden Fish Fingers (Cod &amp; Salmon)</b> with chips <b>Chocolate Krispie</b>

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

WEEK 2

Monday	Tuesday	Wednesday	Thursday	Friday
<b>✓ Sweet Potato &amp; Chickpea Curry</b> with wholemeal rice <b>▲ Sticky Chicken</b> with savoury rice <b>Carrot Muffin</b>	<b>✓ Cheese, Potato &amp; Leek Bake</b> with baked beans <b>▲ Cornish Pasty</b> with oven baked wedges & beans <b>Tutti Frutti Tuesday</b> Berry Chill	<b>✓ Shepherdess Hotpot</b> with gravy <b>▲ Roast Pork</b> with gravy & potatoes <b>Winter Sponge</b>	<b>✓ Macaroni Cheese</b> with herby bread <b>▲ Chicken Curry</b> with wholemeal rice <b>Chocolate Crunch</b>	<b>✓ Quorn Meatball Sub</b> with homemade tomato sauce <b>Battered Fish</b> with chips <b>Sultana and Oat Cookie</b> with fruit slices

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

WEEK 3

Monday	Tuesday	Wednesday	Thursday	Friday
<b>✓ Homemade Pizza</b> vegetarian toppings <b>▲ Homemade Pizza</b> meat toppings <b>Apple &amp; Banana Cake</b> with custard	<b>✓ Vegetable Lasagne</b> <b>▲ BBQ Chicken</b> with oven baked wedges <b>Tutti Frutti Tuesday</b> Jelly, fruit & ice cream	<b>✓ Quorn Toad in the Hole</b> with gravy & potatoes <b>▲ Roast Gammon</b> with gravy & potatoes <b>Shortbread Biscuit</b> with fruit slices	<b>✓ Crispy Topped Vegetarian Pie</b> <b>▲ Homemade Beefburger</b> with oven baked wedges <b>Winterberry Cheesecake</b>	<b>✓ Cheese &amp; Bean Wrap</b> with chips <b>Golden Fish Fingers (Cod &amp; Salmon)</b> with chips <b>Chocolate Sponge</b> with chocolate sauce

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

Option 13

Served Daily

A baked jacket potato with a choice of toppings



▲ Meat  
 ✓ Veggie  
 ◆ Jacket Potato

**Aspens**

BUBBLE