Autumn 2017

Eat well with Bubble & Squeak

4th Sept, 25th Sept, 16th Oct, 6ᵗʰ Nov, 27ᵗʰ Nov, 18ᵗʰ Dec

WEEK 1

	Monday	Tuesday	Wednesday	Thursday	Friday
▲	All Day Breakfast Meat or Vegetarian	Lasagne	Roast Gammon with gravy and potatoes	Chicken Curry with wholemeal rice	Fish Fingers with chips
v	Pork or Quorn sausage, bacon, hash brown, tomato and beans	Cheese Potato & Leek Bake with baked beans	Quorn Roast with gravy and potatoes	Baked Bean & Cheese Wrap	Chickpea Burger with chips
	COMPETITION WINNER Victoria Muffin	Custard Biscuit with fruit slices	Apple Pie with custard	Winter Berry Sponge with custard	Chocolate Krispie

11th Sept, 2nd Oct, 23rd Oct, 13th Nov, 4th Dec

WEEK 2

	Monday	Tuesday	Wednesday	Thursday	Friday
▲	Beef Bolognese with wholemeal pasta	Pizza Day choose from a variety of toppings	Roast Chicken with stuffing, gravy and potatoes	Chilli con Carne with oven baked wedges	Battered Fish with chips
v	Sweet Potato & Chickpea Curry with wholemeal rice		Shepherdess Hotpot with gravy	Veggie Lasagne	Quorn Dog with chips and tomato sauce
	Pancakes with apple sauce	Steamed Lemon Sponge with lemon drizzle	Fruit Crumble with custard	Sultana and Oat Cookie with fruit slices	Chocolate Crunch

28ᵗʰ Aug, 18ᵗʰ Sept, 9ᵗʰ Oct, 30ᵗʰ Oct, 20ᵗʰ Nov, 11ᵗʰ Dec

WEEK 3

	Monday	Tuesday	Wednesday	Thursday	Friday
▲	Cheesy Chicken Pasta Bake	Beef Stew	Roast Turkey with stuffing, gravy and potatoes	Meatballs in Tomato Sauce with wholemeal pasta	Salmon Fish Fingers with chips
v	Veggie Moussaka	Cheese & Tomato Quiche with oven baked wedges	Veggie Bolognese with wholemeal pasta	Veggie Bean Chilli with wholemeal rice	Macaroni Cheese with herby bread
	Pumpkin Bar	Shortbread Biscuit with fruit slices	Peach & Apple Crumble with custard	Fruit Flapjack	Chocolate Sponge with chocolate sauce

We offer **seasonal vegetables, bread, yoghurt and fruit daily.**

(allergy information is available)

Served Daily

A baked jacket potato with a choice of toppings

Option 2

▲ Meat
v Veggie
◆ Jacket Potato

COMPASSION in world farming

Aspens

BUBBLE