

# Summer 2018

## EAT WELL WITH BUBBLE & SQUEAK

16<sup>th</sup> April, 7<sup>th</sup> May, 28<sup>th</sup> May, 18<sup>th</sup> June, 9<sup>th</sup> July 2018

### WEEK 1

Monday	Tuesday	Wednesday	Thursday	Friday
▲ <b>Pizza Day</b> With a choice of toppings	▲ <b>Sausage &amp; Mash</b> with gravy	▲ <b>Roast Chicken</b> with stuffing, gravy and potatoes	▲ <b>Lasagne</b> with garlic & herb bread	<b>Fish Fingers</b> with chips and tomato sauce
▼	▼ <b>Sweet Potato &amp; Chickpea Curry</b> with wholegrain rice	▼ <b>Broccoli &amp; Cauliflower Cheese Crumble</b>	▼ <b>Bean &amp; Vegetable Chilli</b> with wholegrain rice	▼ <b>Quorn Dog</b> with chips and tomato sauce
<b>Fruity Ice-cream Sundae</b>	<b>Custard Biscuit</b> with fruit slices	<b>Carrot Cake</b>	<b>Berry Cheesecake</b>	<b>Chocolate Brownie</b>

23<sup>rd</sup> April, 14<sup>th</sup> May, 4<sup>th</sup> June, 25<sup>th</sup> June, 16<sup>th</sup> July 2018

### WEEK 2

Monday	Tuesday	Wednesday	Thursday	Friday
▲ <b>All Day Breakfast</b> Pork sausage, bacon, hash brown, tomato, baked beans	▲ <b>Beef Bolognese</b> with wholemeal penne pasta	▲ <b>Roast Gammon</b> with pineapple, potatoes and gravy	▲ <b>BBQ Chicken</b> with oven baked wedges	<b>Battered Fish</b> with chips
<b>Veg - All Day Breakfast</b> Quorn sausage, hash brown, tomato, baked beans	▼ <b>Cheese, Leek &amp; Potato Bake</b>	▼ <b>Shepherdess Pie</b> with gravy	▼ <b>Cheese &amp; Tomato Pinwheel</b> with oven baked wedges	▼ <b>Vegetable &amp; Bean Wrap</b> with chips
<b>Shortbread Biscuit</b> with fruit slices	<b>Fruity Jelly Mousse</b>	<b>Fruit Crumble</b> with custard	<b>Chocolate Krispie</b>	<b>Iced Fruit Sponge</b>

9<sup>th</sup> April, 30<sup>th</sup> April, 21<sup>st</sup> May, 11<sup>th</sup> June, 2<sup>nd</sup> July, 23<sup>rd</sup> July 2018

### WEEK 3

Monday	Tuesday	Wednesday	Thursday	Friday
▲ <b>Chicken Curry</b> with wholegrain rice	▲ <b>Beef Burger in a Bun</b> with oven baked potato wedges	▲ <b>Roast Turkey</b> with stuffing, gravy and potatoes	▲ <b>Sweet &amp; Sour Chicken</b> with wholegrain rice	<b>Salmon Fish Fingers</b> with chips
▼ <b>Baked Bean &amp; Cheese Wrap</b>	▼ <b>Veggie Bolognese</b> with wholemeal pasta	▼ <b>Quorn Roast</b> with gravy and potatoes	▼ <b>Homemade Vegetable Burger</b> with oven baked wedges	▼ <b>Macaroni Cheese</b> with herby bread
<b>Strawberry Mousse</b>	<b>Peach &amp; Apple Crumble</b> with custard	<b>Fruity Flapjack</b>	<b>Fruit Jelly</b> with ice cream	<b>Chocolate Crunch</b>

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

Option 13



BUBBLE