

Autumn 2018

EAT WELL WITH BUBBLE & SQUEAK

WEEK 1

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

WEEK 2

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

WEEK 3

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

Served Daily

A baked jacket potato with a choice of



Meat
Veggie
Jacket Potato

Aspens

Option 13

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



BUBBLE