

# Autumn 2018

Choose our **daily packed lunch** with a sandwich or roll with a range of fillings, healthy snack, home baked cake and piece of fruit.

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

WEEK 1

Monday	Tuesday	Wednesday	Thursday	Friday
<b>✓ Vegetarian Brunch</b> Handmade vegetable pattie, frittata, beans & tomato  <b>▲ Brunch (Meat)</b> Handmade pork pattie, frittata, 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 Beef Bolognese</b> <b>▲ Carbonara with Ham</b>  <b>Winter Sponge</b>	<b>✓ Mini Cheese Pinwheel</b> with chips & tomato sauce  <b>Golden Fish Fingers (Cod &amp; Salmon)</b> with chips  <b>Apple Flapjack</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>▲ Pork Sausage</b> with mash & gravy  <b>Carrot Muffin</b>	<b>✓ Cheese, Potato &amp; Leek Bake</b> with baked beans  <b>▲ BBQ Chicken Burrito</b>  <b>Tutti Frutti Tuesday</b> Yoghurt, fruit & crunchy toppings	<b>✓ Shepherdess Hotpot</b> with gravy  <b>▲ Roast Pork</b> with gravy & potatoes  <b>Fruit Crumble</b> with custard	<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>Shortbread Biscuit</b> with fruit slices	<b>✓ Vegetable Lasagne</b>  <b>▲ Chicken &amp; Vegetable Pie</b> with mash  <b>Tutti Frutti Tuesday</b> Yoghurt, fruit & crunchy toppings	<b>✓ Quorn Toad in the Hole</b> with gravy & potatoes  <b>▲ Roast Turkey</b> with stuffing, gravy and potatoes  <b>Apple &amp; Banana Cake</b> with custard	<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>Jamaican Ginger Cake</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

**Aspens**



BUBBLE