

# 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  Pineapple Upside Down Cake	✓ <b>Cauliflower &amp; Broccoli Cheese</b> with herby bread  ▲ <b>Beef Lasagne</b>  Tutti Frutti Tuesday Strawberry Mousse & fruit	✓ <b>Quorn Roast</b> with gravy & potatoes  ▲ <b>Roast Chicken</b> with stuffing, gravy & potatoes  Cheese & Crackers with fruit	<b>Pasta Bar</b> with selection of homemade sauces  ✓ Tomato & Basil ▲ Beef Bolognese ▲ Carbonara with Ham  Winter Sponge	✓ <b>Mini Cheese Pinwheel</b> with chips & tomato sauce  <b>Golden Fish Fingers (Cod &amp; Salmon)</b> with chips  Apple Flapjack

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  Carrot Muffin	✓ <b>Cheese, Potato &amp; Leek Bake</b> with baked beans  ▲ <b>BBQ Chicken Burrito</b>  Tutti Frutti Tuesday Yoghurt, fruit & crunchy toppings	✓ <b>Shepherdess Hotpot</b> with gravy  ▲ <b>Roast Pork</b> with gravy & potatoes  Fruit Crumble with custard	✓ <b>Macaroni Cheese</b> with herby bread  ▲ <b>Chicken Curry</b> with wholemeal rice  Chocolate Crunch	✓ <b>Quorn Meatball Sub</b> with homemade tomato sauce  <b>Battered Fish</b> with chips  Sultana and Oat Cookie 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  Shortbread Biscuit with fruit slices	✓ <b>Vegetable Lasagne</b>  ▲ <b>Chicken &amp; Vegetable Pie</b> with mash  Tutti Frutti Tuesday Yoghurt, fruit & crunchy toppings	✓ <b>Quorn Toad in the Hole</b> with gravy & potatoes  ▲ <b>Roast Turkey</b> with stuffing, gravy and potatoes  Apple & Banana Cake with custard	✓ <b>Crispy Topped Vegetarian Pie</b>  ▲ <b>Homemade Beefburger</b> with oven baked wedges  Winterberry Cheesecake	✓ <b>Cheese &amp; Bean Wrap</b> with chips  <b>Golden Fish Fingers (Cod &amp; Salmon)</b> with chips  Jamaican Ginger Cake

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

Option 1

Served Daily

A baked jacket potato with a choice of toppings



▲ Meat  
 ✓ Veggie  
 ◆ Jacket Potato  
 ■ Packed Lunch

**Aspens**

BUBBLE