

Autumn 2017

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

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

WEEK 1

Monday	Tuesday	Wednesday	Thursday	Friday
<p>▲ All Day Breakfast Meat or Vegetarian</p> <p>✓ Pork, Chicken or Quorn sausage, bacon, hash brown, tomato and beans</p> <p>COMPETITION WINNER Victoria Muffin</p>	<p>▲ Lasagne</p> <p>✓ Cheese Potato & Leek Bake with baked beans</p> <p>Custard Biscuit with fruit slices</p>	<p>▲ Roast Lamb with gravy and potatoes</p> <p>✓ Quorn Roast with gravy and potatoes</p> <p>Apple Pie with custard</p>	<p>▲ Pizza Day choose from a variety of toppings</p> <p>✓</p> <p>Winter Berry Sponge with custard</p>	<p>Fish Fingers with chips</p> <p>✓ Chickpea Burger with chips</p> <p>Chocolate Krispie</p>

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

WEEK 2

Monday	Tuesday	Wednesday	Thursday	Friday
<p>▲ Beef Bolognese with wholemeal pasta</p> <p>✓ Sweet Potato & Chickpea Curry with wholemeal rice</p> <p>Pancakes with apple sauce</p>	<p>▲ Chicken Curry with wholemeal rice</p> <p>Baked Bean & Cheese Wrap</p> <p>Steamed Lemon Sponge with lemon drizzle</p>	<p>▲ Roast Chicken with stuffing, gravy and potatoes</p> <p>✓ Shepherdess Hotpot with gravy</p> <p>Fruit Crumble with custard</p>	<p>▲ Pizza Day choose from a variety of toppings</p> <p>✓</p> <p>Sultana and Oat Cookie with fruit slices</p>	<p>Battered Fish with chips</p> <p>✓ Quorn Dog with chips and tomato sauce</p> <p>Chocolate Crunch</p>

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

WEEK 3

Monday	Tuesday	Wednesday	Thursday	Friday
<p>▲ Cheesy Chicken Pasta Bake</p> <p>✓ Veggie Moussaka</p> <p>Pumpkin Bar</p>	<p>▲ Beef Stew</p> <p>✓ Cheese & Tomato Quiche with oven baked wedges</p> <p>Shortbread Biscuit with fruit slices</p>	<p>▲ Roast Turkey with stuffing, gravy and potatoes</p> <p>✓ Veggie Bolognese with wholemeal pasta</p> <p>Peach & Apple Crumble with custard</p>	<p>▲ Pizza Day choose from a variety of toppings</p> <p>✓</p> <p>Fruit Flapjack</p>	<p>Salmon Fish Fingers with chips</p> <p>✓ Macaroni Cheese with herby bread</p> <p>Chocolate Sponge with chocolate sauce</p>

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

All meat dishes available with Non-Halal and Halal Meat

Served Daily

A baked jacket potato with a choice of toppings

Option 13



▲ Meat
 ✓ Veggie
 ◆ Jacket Potato
 ■ Packed Lunch

Aspens

BUBBLE