

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

Monday	Tuesday	Wednesday	Thursday	Friday
Vegetarian Brunch Handmade vegetable pattie, frittata, 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 ▲
Brunch (Meat) Handmade pork pattie, frittata, beans & tomato ▲	Beef Lasagne ▲	Roast Chicken with stuffing, gravy & potatoes ▲	▲ Tomato & Basil ▲ Beef Bolognese ▲ Carbonara with Ham ▲	Golden Fish Fingers (Cod & Salmon) with chips ▲
Pineapple Upside Down Cake	Tutti Frutti Tuesday Strawberry Mousse & fruit	Cheese & Crackers with fruit	Winter Sponge	Apple Flapjack

w/c 10th Sept, 1st Oct, 22nd Oct, 12th Nov, 3rd Dec

Monday	Tuesday	Wednesday	Thursday	Friday
Sweet Potato & Chickpea Curry with wholemeal rice ▲	Cheese, Potato & Leek Bake with baked beans ▲	Shepherdess Hoipot with gravy ▲	Macaroni Cheese with herby bread ▲	Quorn Meatball Sub with homemade tomato sauce ▲
Pork Sausage with mash & gravy ▲	BBQ Chicken Burrito ▲	Roast Pork with gravy & potatoes ▲	Chicken Curry with wholemeal rice ▲	Battered Fish with chips ▲
Carrot Muffin	Tutti Frutti Tuesday Yoghurt, fruit & crunchy toppings	Fruit Crumble with custard	Chocolate Crunch	Sultana and Oat Cookie with fruit slices

w/c 27th Aug, 17th Sept, 8th Oct, 29th Oct, 19th Nov, 10th Dec

Monday	Tuesday	Wednesday	Thursday	Friday
Homemade Pizza vegetarian toppings ▲	Vegetable Lasagne ▲	Quorn Toad in the Hole with gravy & potatoes ▲	Crispy Topped Vegetarian Pie ▲	Cheese & Bean Wrap with chips ▲
Homemade Pizza meat toppings ▲	Chicken & Vegetable Pie with mash ▲	Roast Turkey with stuffing, gravy and potatoes ▲	Homemade Beefburger with oven baked wedges ▲	Golden Fish Fingers (Cod & Salmon) with chips ▲
Shortbread Biscuit with fruit slices	Tutti Frutti Tuesday Yoghurt, fruit & crunchy toppings	Apple & Banana Cake with custard	Winterberry Cheesecake	Jamaican Ginger Cake

Option 1

A baked jacket potato with a choice of toppings



Meat
Veggie
Jacket Potato
Packed Lunch

Aspens

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

BUBBLE