

# 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
<b>All Day Breakfast</b> Vegetarian Quorn sausage, hash brown, tomato and beans COMPETITION WINNER Victoria Muffin	▲ <b>Lasagne</b> V <b>Cheese Potato &amp; Leek Bake</b> with baked beans Custard Biscuit with fruit slices	▲ <b>Roast Gammon</b> with gravy and potatoes V <b>Quorn Roast</b> with gravy and potatoes Apple Pie with custard	▲ <b>Chicken Curry</b> with wholemeal rice V <b>Baked Bean &amp; Cheese Wrap</b> Winter Berry Sponge with custard	<b>Fish Fingers</b> with chips V <b>Chickpea Burger</b> with chips Chocolate Krispie

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

WEEK 2

Monday	Tuesday	Wednesday	Thursday	Friday
V <b>Cauliflower &amp; Broccoli Cheese Crumble</b> V <b>Sweet Potato &amp; Chickpea Curry</b> with wholemeal rice Pancakes with apple sauce	▲ <b>Pizza Day</b> choose from a variety of toppings Steamed Lemon Sponge with lemon drizzle	▲ <b>Roast Chicken</b> with stuffing, gravy and potatoes V <b>Shepherdess Hotpot</b> with gravy Fruit Crumble with custard	▲ <b>Chilli con Carne</b> with oven baked wedges V <b>Veggie Lasagne</b> Sultana and Oat Cookie with fruit slices	<b>Battered Fish</b> with chips V <b>Quorn Dog</b> with chips and tomato sauce Chocolate Crunch

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

WEEK 3

Monday	Tuesday	Wednesday	Thursday	Friday
V <b>Roasted Vegetable Pasta Bake</b> V <b>Veggie Moussaka</b> Pumpkin Bar	▲ <b>Beef Stew</b> V <b>Cheese &amp; Tomato Quiche</b> with oven baked wedges Shortbread Biscuit with fruit slices	▲ <b>Roast Turkey</b> with stuffing, gravy and potatoes V <b>Veggie Bolognese</b> with wholemeal pasta Peach & Apple Crumble with custard	▲ <b>Meatballs in Tomato Sauce</b> with wholemeal pasta V <b>Veggie Bean Chilli</b> with wholemeal rice Fruit Flapjack	<b>Salmon Fish Fingers</b> with chips V <b>Macaroni Cheese</b> with herby bread Chocolate Sponge with chocolate sauce

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

Served Daily

A baked jacket potato with a choice of toppings

Option 12



▲ Meat  
 V Veggie  
 ◆ Jacket Potato  
 ■ Packed Lunch

**Aspens**

BUBBLE