

Autumn 2018

EAT WELL
WITH BUBBLE
& SQUEAK

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

WEEK 1

Monday	Tuesday	Wednesday	Thursday	Friday
✓ Vegetarian All Day Breakfast Quorn sausage, hash brown, beans & tomato ▲ All Day Breakfast Chicken sausage, hash brown, beans & tomato Fruit & Yoghurt	Pasta Bar with selection of homemade sauces ✓ Tomato & Basil ▲ Beef Bolognese Fruit & Yoghurt	✓ Quorn Roast with gravy & potatoes ▲ Roast Chicken with stuffing, gravy & potatoes Fruit & Yoghurt	✓ Crispy Topped Vegetarian Pie ▲ Chicken Curry with wholegrain rice Fruit & Yoghurt	✓ Cheese & Bean Wrap with chips Golden Fish Fingers (Cod & Salmon) with chips Fruit & Yoghurt

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

WEEK 2

Monday	Tuesday	Wednesday	Thursday	Friday
✓ Sweet Potato & Chickpea Curry with wholegrain rice ▲ Chicken Sausage with mash & gravy Fruit & Yoghurt	✓ Homemade Pizza vegetarian toppings ▲ Homemade Pizza meat toppings Fruit & Yoghurt	✓ Shepherdess Hotpot with gravy ▲ Beef & Vegetable Pie with gravy & potatoes Fruit & Yoghurt	✓ Macaroni Cheese with herby bread ▲ Chicken Curry with wholegrain rice Fruit & Yoghurt	✓ Quorn Meatball Sub with homemade tomato sauce Battered Fish or Fish Fingers with chips Fruit & Yoghurt

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

WEEK 3

Monday	Tuesday	Wednesday	Thursday	Friday
✓ Cheese, Potato & Leek Bake with baked beans ▲ BBQ Chicken Burrito Fruit & Yoghurt	✓ Cauliflower & Broccoli Cheese with herby bread ▲ Beef Lasagne Fruit & Yoghurt	✓ Quorn Toad in the Hole with gravy & potatoes ▲ Roast Chicken with stuffing, gravy and potatoes Fruit & Yoghurt	✓ Cheese & Tomato Pinwheel ▲ Beefburger with oven baked wedges Fruit & Yoghurt	✓ Quorn Dog with chips Fishcake or Fishfingers with chips Fruit & Yoghurt

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



Bannerman

BUBBLE