

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
Tomato Pasta Bake ✓ with garlic bread	Vegetarian Lancashire Hotpot ✓	Vegetable & Bean Wrap ✓	Sweet Potato & Chickpea Curry ✓ with wholegrain rice	Mac & Cheese Open Burger ✓ with coleslaw
▲ Pork Sausage with mash & gravy	▲ Spaghetti Bolognese With garlic bread	▲ Roast Turkey with stuffing, potatoes & gravy	▲ Chicken Wrap	Fish Finger Bap with chips
Pear & Apple Crumble with custard	Sultana & Oat Cookie with fruit slices	Apple Pie with custard	Carrot Muffin	Chocolate Shortbread

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

WEEK 2

Monday	Tuesday	Wednesday	Thursday	Friday
Cheese & Bean Wrap ✓ with fresh salad	Cheese, Leek & Potato Pie ✓ With baked beans	Quorn Toad in the Hole ✓ with gravy & potatoes	Veggie Lasagne ✓	Chickpea Burger ✓ With coleslaw
▲ Sticky Chicken With savoury rice	▲ Beef Burger in a Bun With baked wedges	▲ Roast Chicken With stuffing, gravy & potatoes	▲ Beef Lasagne with garlic Bread	Fish Fingers with chips
Steamed Jam Sponge	Winter Fruit Cheesecake	Iced Sponge with fruit slices	Apple Flapjack with fruit slices	Chocolate Brownie

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

WEEK 3

Monday	Tuesday	Wednesday	Thursday	Friday
Veggie Bolognese ✓ with wholemeal pasta	Quorn Stroganoff ✓ with wholegrain rice	Crispy Topped Vegetarian Pie ✓	Sweet Potato & Bean Chilli ✓ with wholegrain rice	Quorn Meatball Sub ✓ with homemade tomato sauce
▲ Chicken Curry with wholegrain rice	▲ Sausage Casserole	▲ Beef & Vegetable Pie with mash	▲ Chicken Burrito	Crispy Batter Fish Fillet with chips
Jamaican Ginger Cake	Oaty Apple Crumble with custard	Pineapple Upside Down Cake With Custard	Winter Sponge	Chocolate Crunch with fruit slices

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

Option 5b

Served Daily

A baked jacket potato with a choice of toppings



- ▲ Meat
- ✓ Veggie
- ◆ Jacket Potato
- Packed Lunch

Aspens



BUBBLE