

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
✓ 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
▲ Chicken Sausage with mash & gravy	▲ Spaghetti Bolognese With garlic bread	▲ Roast Turkey with stuffing, potatoes & gravy	▲ Chicken Wrap	Big Fish Sandwich 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	▲ Chilli Con Carne With baked wedges	▲ Roast Chicken With stuffing, gravy & potatoes	▲ Pepperoni Quiche with fresh salad	Homemade Salmon Fishcake with chips
Steamed Jam Sponge	Winter Fruit Cheesecake	Iced Sponge with fruit slices	Apple Flapjack with fruit slices	Chocolate & Beetroot 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	✓ Mushroom Stroganoff with wholegrain rice	✓ Crispy Topped Vegetarian Pie	✓ Sweet Potato & Bean Chill with wholegrain rice	✓ Quorn Meatball Sub with homemade tomato sauce
▲ Chicken Curry with wholegrain rice	▲ Chicken Sausage Casserole	▲ Beef & Vegetable Pie with mash	▲ BBQ Chicken Burrito	Crispy Batter Fish Fillet with chips
Jamaican Ginger Cake	Oaty Apple Crumble with custard	Pineapple Upside Down Cake	Winter Sponge	Chocolate Crunch with fruit slices

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

Aspens



BUBBLE