

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
v Vegetarian Brunch Handmade vegetable pattie, frittata, beans and tomato ▲ Brunch (Meat) Handmade pork pattie, frittata, beans and tomato Pineapple Upside Down Cake	v Cauliflower & Broccoli Cheese with herby bread ▲ Beef Lasagne Tutti Frutti Tuesday Strawberry Mousse & fruit	v Quorn Roast with gravy & potatoes ▲ Roast Chicken with stuffing, gravy & potatoes Cheese & Crackers with fruit	Pasta Bar with selection of homemade sauces v Tomato & Basil ▲ Beef Bolognese ▲ Carbonara with Ham Winter Sponge	v Mini Cheese Pinwheel with chips & tomato sauce Golden Fish Fingers (Cod & Salmon) with chips Apple Flapjack

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

WEEK 2

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

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

WEEK 3

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

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
v Veggie
◆ Jacket Potato

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BUBBLE