

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

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

WEEK 2

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

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

WEEK 3

| Monday  | Tuesday  | Wednesday   | Thursday  | Friday   |
|---|--|---|---|--|
| ✓ <b>Homemade Pizza</b><br>vegetarian toppings<br><br>▲ <b>Homemade Pizza</b><br>meat toppings<br><br>Shortbread Biscuit<br>with fruit slices | ✓ <b>Vegetable Lasagne</b><br><br>▲ <b>Chicken &amp; Vegetable Pie</b><br>with mash<br><br>Tutti Frutti Tuesday<br>Yoghurt, fruit & crunchy toppings | ✓ <b>Quorn Toad in the Hole</b><br>with gravy & potatoes<br><br>▲ <b>Roast Turkey</b><br>with stuffing, gravy and potatoes<br><br>Apple & Banana Cake<br>with custard | ✓ <b>Crispy Topped Vegetarian Pie</b><br><br>▲ <b>Homemade Beefburger</b><br>with oven baked wedges<br><br>Winterberry Cheesecake | ✓ <b>Cheese &amp; Bean Wrap</b><br>with chips<br><br><b>Golden Fish Fingers (Cod &amp; Salmon)</b><br>with chips<br><br>Jamaican Ginger Cake<br><br>Option 2 |

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



BUBBLE