

Autumn 2017

4th Sept, 25th Sept, 16th Oct, 6th Nov, 27th Nov, 18th Dec

WEEK 1	Monday	Tuesday	Wednesday	Thursday	Friday
	▲ All Day Breakfast Meat or Vegetarian	▲ Lasagne	▲ Roast Gammon with gravy and potatoes	▲ Chicken Curry with wholemeal rice	Fish Fingers with chips
	▼ Pork or Quorn sausage, bacon, hash brown, tomato and beans	▼ Cheese Potato & Leek Bake with baked beans	▼ Quorn Roast with gravy and potatoes	▼ Baked Bean & Cheese Wrap	▼ Chickpea Burger with chips
	COMPETITION WINNER Victoria Muffin	Custard Biscuit with fruit slices	Apple Pie with custard	Winter Berry Sponge with custard	Chocolate Krispie

11th Sept, 2nd Oct, 23rd Oct, 13th Nov, 4th Dec

WEEK 2	Monday	Tuesday	Wednesday	Thursday	Friday
	▲ Beef Bolognese with wholemeal pasta	▲ Pizza Day choose from a variety of toppings	▲ Roast Chicken with stuffing, gravy and potatoes	▲ Chilli con Carne with oven baked wedges	Battered Fish with chips
	▼ Sweet Potato & Chickpea Curry with wholemeal rice		▼ Shepherdess Hotpot with gravy	▼ Veggie Lasagne	▼ Quorn Dog with chips and tomato sauce
	Pancakes with apple sauce	Steamed Lemon Sponge with lemon drizzle	Fruit Crumble with custard	Sultana and Oat Cookie with fruit slices	Chocolate Crunch

28th Aug, 18th Sept, 9th Oct, 30th Oct, 20th Nov, 11th Dec

WEEK 3	Monday	Tuesday	Wednesday	Thursday	Friday
	▲ Cheesy Chicken Pasta Bake	▲ Beef Stew	▲ Roast Turkey with stuffing, gravy and potatoes	▲ Meatballs in Tomato Sauce with wholemeal pasta	Salmon Fish Fingers with chips
	▼ Veggie Moussaka	▼ Cheese & Tomato Quiche with oven baked wedges	▼ Veggie Bolognese with wholemeal pasta	▼ Veggie Bean Chilli with wholemeal rice	▼ Macaroni Cheese with herby bread
	Pumpkin Bar	Shortbread Biscuit with fruit slices	Peach & Apple Crumble with custard	Fruit Flapjack	Chocolate Sponge with chocolate sauce

Choose our daily packed lunch with a sandwich or roll with a range of fillings, healthy snack, home baked cake and piece of fruit.



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

Served Daily

A baked jacket potato with a choice of toppings

Option 1



▲ Meat
▼ Veggie
◆ Jacket Potato
Packed Lunch

Aspens