Autumn 2018

On Tuesdays and Thursdays there is the option to choose our **packed lunch** with a sandwich or roll with a range of fillings, healthy snack, home baked cake and piece of fruit.

WEEK 1

w/c 3rd Sept, 24th Sept, 15th Oct, 5th Nov, 26th Nov, 17th Dec

	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1 Meat	▲ **Brunch (Meat)** Handmade pork pattie, frittata, beans & tomato	▲ **Beef Lasagne**	▲ **Roast Chicken** with stuffing, gravy & potatoes	**Pasta Bar** with selection of homemade sauces V	**Golden Fish Fingers (Cod & Salmon)** with chips
Option 2 Vegetarian	V **Vegetarian Brunch** Handmade vegetable pattie, frittata, beans & tomato	V **Cauliflower & Broccolli Cheese** with herby bread	V **Quorn Chilli** with Wholegrain Rice ▲ ▲	Tomato & Basil Beef Bolognese Carbonara with Ham	**Mini Cheese Pinwheel** with chips & Tomato Sauce
	Tutti Frutti Monday Strawberry Mousse & fruit	**Pineapple Upside Down Cake**	**Winter Sponge**	**Cheese & Crackers** with fruit	**Apple Flapjack**

WEEK 2

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

	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1 Meat	▲ **Pork Sausage** with mash & gravy	▲ **BBQ Chicken Burrito**	▲ **Roast Pork** with gravy & potatoes	▲ **Chicken Curry** with wholemeal rice	V **Battered Fish** with chips
Option 2 Vegetarian	V **Sweet Potato & Chickpea Curry** with wholemeal rice	V **Cheese, Potato & Leek Bake** with baked beans	V **Shepherdess Hotpot** with gravy	V **Macaroni Cheese** with herby bread	**Quorn Meatball Sub** with homemade tomato sauce
	Tutti Frutti Monday Yoghurt, fruit & crunchy toppings	**Carrot Cake**	**Fruit Crumble** with custard	**Chocolate Crunch**	**Sultana and Oat Cookie** with fruit slices

WEEK 3

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

	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1 Meat	▲ **Homemade Pizza** meat toppings	▲ **Chicken & Vegetable Pie** with mash	▲ **Roast Turkey** with stuffing, gravy and potatoes	▲ **Hotdog** with oven baked wedges	V **Golden Fish Fingers (Cod & Salmon)** with chips
Option 2 Vegetarian	V **Homemade Pizza** vegetarian toppings	V **Vegetable Lasagne**	V **Quorn Toad in the Hole** with gravy & potatoes	V **Crispy Topped Vegetarian Pie**	**Cheese & Bean Wrap** with chips
	Shortbread Biscuit with fruit slices	**Tutti Frutti Tuesday** Yoghurt, fruit & crunchy toppings	**Winterberry Cheesecake**	**Apple & Banana Cake** with custard	**Jamaican Ginger Cake**

Option 1i

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
■ Packed Lunch

Aspens