

Autumn Term 2019

w/c 2nd September, 23rd September, 14th October

	WEEK 1					WEEK 2					WEEK 3					
	Monday	Tuesday	Wednesday	Thursday	Friday	Monday	Tuesday	Wednesday	Thursday	Friday	Monday	Tuesday	Wednesday	Thursday	Friday	
Option 1	Loaded Mac n Cheese and Garlic Focaccia ▲	Bangers and Mash ▲	Roast Beef and Gravy ▲	Chinese Chicken Noodles ▲	Fish Fingers and Chips	Cheesy Mozzarella Pizza with Wedges Fresh Tomato and Basil ▲	Beef Bolognese with Spaghetti ▲	Lemon Roast Chicken with Sage and Onion Stuffing and Gravy ▲	All American Turkey Twist Burger in Wholemeal Bun ▲	Crispy Battered Fish and Chips	Firecracker Pizza with Herb Wedges ▲	Root Mash Topped Cottage Pie ▲	Roast Gammon with Sticky Pineapple	Punjabi Butter Chicken with Rice ▲	Fish Fingers and Chips	
Option 2	Spring Veg Frittata and Garlic Focaccia V	Vegan Quorn Bangers and Mash V	Cherry Tomato and Rocket Tart V	Sweet Potato Balti with Basmati Rice V	Quorn Brunch Muffin and Chips V	Wholemeal Penne Pasta Neapolitan V	Cheddar Cheese and Spinach Quiche with New Potatoes V	Quorn Roast with Stuffing and Gravy V	Chunky Chilli Tacos with Tangy Salsa V	Picnic Pitta with Minty Cucumber Salad and Chips V	Broccoli and Salmon Pasta Bake V	Smokey Quorn Meatballs and Yellow Rice	Super Green Veggie Lasagne V	Butternut Squash Risotto V	Cheese and Marmite Muffin with chips V	Cookie and Shake Oat Cookie & Chocolate Milkshake
	Italian Orange Cake	Banana Bread and Butter Pudding with Custard	Honey Picnic Flapjack	Berry Eton Mess	Cookie and Shake Oat Cookie & Chocolate Milkshake	Tiramisu Trifle Pot	Toffee Apple Tart and Custard	Ice Cream Tub	Mini Chocolate Brownie with Orange Wedge	Cookie and Shake Ginger Cookie and Vanilla Honey Shake	Apricot Biscotti Lemon Yoghurt	Butterscotch Tart	Magic Chocolate Pudding	Carrot and Pineapple Muffin	Cookie and Shake Lemon Cookie and Berry Milkshake	
	w/c 9th September, 30th September					w/c 16th September, 7th October					w/c 23rd September, 30th September					

On a Tuesday or Thursday choose our **packed lunch** 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 available)

Aspens

BUBBLE

Served Daily
A baked jacket potato with a choice of toppings

Meat V Veggie Jackpot Packed Lunch