

Autumn 2018

EAT WELL
WITH BUBBLE
& SQUEAK

Halal and Non Halal Meat Available

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

WEEK 1

Monday	Tuesday	Wednesday	Thursday	Friday
✓ Vegetarian Brunch Handmade vegetable pattie, frittata, beans and tomato	✓ Homemade Pizza vegetarian toppings	✓ Quorn Roast with gravy & potatoes	✓ Mini Cheese Pinwheel with chips & tomato sauce	PICNIC DAY A choice of breads, & wraps with a selection of fillings and salad items, fruit yoghurt and homebakes.
▲ Brunch (Meat) Handmade chicken pattie, frittata, beans and tomato	▲ Homemade Pizza meat toppings	▲ Roast Chicken with stuffing, gravy & potatoes	Golden Fish Fingers (Cod & Salmon) with chips	
Pineapple Upside Down Cake	Winter Sponge	Cheese & Crackers with fruit	Apple Flapjack	

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

WEEK 2

Monday	Tuesday	Wednesday	Thursday	Friday
✓ Sweet Potato & Chickpea Curry with wholemeal rice	✓ Homemade Pizza vegetarian toppings	✓ Shepherdess Hotpot with gravy	✓ Quorn Meatball Sub with homemade tomato sauce	PICNIC DAY A choice of breads, & wraps with a selection of fillings and salad items, fruit yoghurt and homebakes
▲ Chicken Sausage with mash & gravy	▲ Homemade Pizza meat toppings	▲ Roast Lamb with potatoes & gravy	Battered Fish with chips	
Carrot Muffin	Chocolate Crunch	Fruit Crumble with custard	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
✓ Pasta Bar with selection of homemade sauces	✓ Homemade Pizza vegetarian toppings	✓ Quorn Toad in the Hole with gravy & potatoes	✓ Bean & Vegetable Chilli Wrap with wholegrain rice	PICNIC DAY A choice of breads, & wraps with a selection of fillings and salad items, fruit yoghurt and homebakes
▲ Tomato & Basil Beef Bolognese	▲ Homemade Pizza meat toppings	▲ Roast Turkey with stuffing, gravy and potatoes	Golden Fish Fingers (Cod & Salmon) with chips	
Shortbread Biscuit with fruit slices	Winterberry Cheesecake	Apple & Banana Cake with custard	Jamaican Ginger Cake	

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

Option 14a

Served Daily

A baked jacket potato with a choice of toppings



- ▲ Meat
- ✓ Veggie
- ◆ Jacket Potato
- Packed Lunch



BUBBLE