

Autumn 2017

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

WEEK 1

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

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

WEEK 2

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

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

WEEK 3

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

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

Service Daily

A baked jacket potato with a choice of toppings

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

Option 1

Aspens

▲ Meat
 ✓ Veggie
 ◆ Jacket Potato
 Packed Lunch

