

# Winter 2018-19

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

w/c 5th Nov, 26th Nov, 17th Dec, 7th Jan, 28th Jan

|               | Monday   | Tuesday   | Wednesday  | Thursday   | Friday   |
|---------------|--|---|--|--|--|
| <b>WEEK 1</b> | <b>✓ Vegetarian Brunch</b><br>Handmade vegetable pattie, frittata, beans & tomato<br><br><b>▲ Brunch (Meat)</b><br>Handmade pork pattie, frittata, beans & tomato<br><br><b>Pineapple Upside Down Cake</b> | <b>✓ Cauliflower &amp; Broccoli Cheese</b><br>with herby bread<br><br><b>▲ Beef Lasagne</b><br><br><b>Tutti Frutti Tuesday</b><br>Strawberry Mousse & fruit | <b>✓ Quorn Roast</b><br>with gravy & potatoes<br><br><b>▲ Roast Chicken</b><br>with stuffing, gravy & potatoes<br><br><b>Cheese &amp; Crackers</b><br>with fruit | <b>Pasta Bar</b><br>with selection of homemade sauces<br><br><b>✓</b> Tomato & Basil<br><b>▲</b> Beef Bolognese<br><b>▲</b> Carbonara with Ham<br><br><b>Winter Sponge</b> | <b>✓ Mini Cheese Pinwheel</b><br>with chips & tomato sauce<br><br><b>Golden Fish Fingers (Cod &amp; Salmon)</b><br>with chips<br><br><b>Apple Flapjack</b> |

w/c 12th Nov, 3rd Dec, 24th Dec, 14th Jan, 4th February

|               | Monday  | Tuesday   | Wednesday   | Thursday   | Friday  |
|---------------|---|---|---|--|---|
| <b>WEEK 2</b> | <b>✓ Sweet Potato &amp; Chickpea Curry</b><br>with wholemeal rice<br><br><b>▲ Pork Sausage</b><br>with mash & gravy<br><br><b>Carrot Muffin</b> | <b>✓ Cheese, Potato &amp; Leek Bake</b><br>with baked beans<br><br><b>▲ BBQ Chicken Burrito</b><br><br><b>Tutti Frutti Tuesday</b><br>Yoghurt, fruit & crunchy toppings | <b>✓ Shepherdess Hotpot</b><br>with gravy<br><br><b>▲ Roast Pork</b><br>with gravy & potatoes<br><br><b>Fruit Crumble</b><br>with custard | <b>✓ Macaroni Cheese</b><br>with herby bread<br><br><b>▲ Chicken Curry</b><br>with wholemeal rice<br><br><b>Chocolate Crunch</b> | <b>✓ Quorn Meatball Sub</b><br>with homemade tomato sauce<br><br><b>Battered Fish</b><br>with chips<br><br><b>Sultana and Oat Cookie</b><br>with fruit slices |

w/c 19th Nov, 10th Dec, 31st Dec, 21st Jan, 11th Feb

|               | Monday   | Tuesday   | Wednesday  | Thursday   | Friday  |
|---------------|--|---|--|--|---|
| <b>WEEK 3</b> | <b>✓ Homemade Pizza</b><br>vegetarian toppings<br><br><b>▲ Homemade Pizza</b><br>meat toppings<br><br><b>Shortbread Biscuit</b><br>with fruit slices | <b>✓ Vegetable Lasagne</b><br><br><b>▲ Chicken &amp; Vegetable Pie</b><br>with mash<br><br><b>Tutti Frutti Tuesday</b><br>Yoghurt, fruit & crunchy toppings | <b>✓ Quorn Toad in the Hole</b><br>with gravy & potatoes<br><br><b>▲ Roast Turkey</b><br>with stuffing, gravy and potatoes<br><br><b>Apple &amp; Banana Cake</b><br>with custard | <b>✓ Crispy Topped Vegetarian Pie</b><br><br><b>▲ Homemade Beefburger</b><br>with oven baked wedges<br><br><b>Winterberry Cheesecake</b> | <b>✓ Cheese &amp; Bean Wrap</b><br>with chips<br><br><b>Golden Fish Fingers (Cod &amp; Salmon)</b><br>with chips<br><br><b>Jamaican Ginger Cake</b> |

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  
✓ Veggie  
▶ Jacket Potato  
■ Packed Lunch

**Aspens**

Option 1

BUBBLE