

Spring 2018

Eat well with  
Bubble &  
Squeak

1<sup>st</sup> Jan, 22<sup>nd</sup> Jan, 12<sup>th</sup> Feb, 5<sup>th</sup> March, 26<sup>th</sup> March 2018

WEEK 1

Monday	Tuesday	Wednesday	Thursday	Friday
▲ Chicken Sausage and Mash with Gravy	▲ Pizza Day	▲ Roast Lamb with Gravy and Potatoes	▲ Chicken in a White Sauce with Wholegrain Rice	Battered Fish and Chips
✓ Sweet Potato and Chickpea Curry with Wholegrain Rice	✓ Choose from a range of toppings	✓ Cheese and Tomato Bake with Potatoes	✓ Macaroni Cheese with Herby Bread	✓ Homemade Vegetable Burger with Chips and Tomato Sauce
Fruit or Yogurt	Fruit or Yogurt	Fruit or Yogurt	Fruit or Yogurt	Chocolate and Beetroot Brownie

8<sup>th</sup> Jan, 29<sup>th</sup> Jan, 19<sup>th</sup> Feb, 12<sup>th</sup> March 2018

WEEK 2

Monday	Tuesday	Wednesday	Thursday	Friday
▲ All Day Breakfast	▲ Shepherd's Pie and Gravy	▲ Roast Chicken with Stuffing, Gravy and Potatoes	▲ Spaghetti Bolognese with Wholemeal Pasta	Fish Fingers and Chips
✓ Chicken or Quorn Sausage, Hash Brown, Tomato and Baked Beans	✓ Cheesy Vegetable and Tomato Pasta Bake	✓ Shepherdess Hotpot and Gravy	✓ Cauliflower Cheese	✓ Curried Vegetable Plait
Fruit or Yogurt	Fruit or Yogurt	Fruit or Yogurt	Fruit or Yogurt	Chocolate Krispie

15<sup>th</sup> Jan, 5<sup>th</sup> Feb, 26<sup>th</sup> Feb, 19<sup>th</sup> March 2018

WEEK 3

Monday	Tuesday	Wednesday	Thursday	Friday
▲ Chicken and Roasted Vegetable Pasta Bake	▲ Beef Burger in a Bun with Oven Baked Potato Wedges	▲ Roast Turkey with Stuffing, Gravy and Potatoes	▲ Minced Beef and Onion Slice with Mash	Salmon Fish Fingers and Chips
✓ Baked Bean and Cheese Wrap	✓ Roasted Vegetable, and Bean Chilli with Wholegrain Rice	✓ Quorn Roast with Gravy and Potatoes	✓ Veggie Bolognese with Wholemeal Pasta	✓ Cheese and Tomato Pinwheel with Chips
Fruit or Yogurt	Fruit or Yogurt	Fruit or Yogurt	Fruit or Yogurt	Chocolate Crunch

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 4a