

Spring 2018

Eat well with
Bubble &
Squeak

1st Jan, 22nd Jan, 12th Feb, 5th March, 26th March 2018

WEEK 1

▲ Sausage and Mash with Gravy	▲ Pizza Day	▲ Roast Pork with Apple Sauce, Gravy and Potatoes	▲ Chicken in a White Sauce with Wholegrain Rice	Battered Fish with Chips
V Sweet Potato and Chickpea Curry with Wholegrain Rice	V Choose from a range of toppings	V Cheese and Tomato Bake with Potatoes	V Macaroni Cheese with Herby Bread	V Homemade Vegetable Burger with Chips and Tomato Sauce
Fruity Ice Cream Sundae	Fruit Tart with Vanilla Custard	Berry Cheesecake	Carrot Cake	Chocolate and Beetroot Brownie

8th Jan, 29th Jan, 19th Feb, 12th March 2018

WEEK 2

▲ All Day Breakfast	▲ Cottage Pie and Gravy	▲ Roast Chicken with Stuffing, Gravy and Potatoes	▲ Spaghetti Bolognese with Wholemeal Pasta	Fish Fingers and Chips
V Pork or Quorn Sausage, Bacon, Hash Brown, Tomato and Baked Beans	V Cheesy Vegetable and Tomato Pasta Bake	V Shepherdess Hotpot and Gravy	V Cauliflower Cheese	V Curried Vegetable Plait
Chocolate Shortbread Biscuit with Fruit Slices	Toffee Apple Crumble and Custard	Iced Fruit Sponge	Berry and Jelly Chill	Chocolate Krispie

15th Jan, 5th Feb, 26th Feb, 19th March 2018

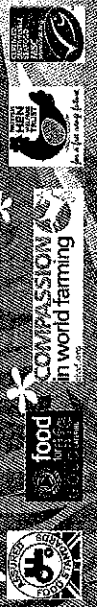
WEEK 3

▲ Chicken and Roasted Vegetable Pasta Bake	▲ Beef Burger in a Bun with Oven Baked Wedges	▲ Roast Gammon with Pineapple, Gravy and Potatoes	▲ Minced Beef and Onion Slice with Mash	Salmon Fish Fingers and Chips
V Baked Bean and Cheese Wrap	V Roasted Vegetable, and Bean Chilli with Wholegrain Rice	V Quorn Roast with Gravy and Potatoes	V Veggie Bolognese with Wholemeal Pasta	V Cheese and Tomato Pinwheel with Chips
Strawberry Mousse	Fruit Crumble and Custard	Sultana and Oat Cookie	Fruit Jelly with Ice Cream	Chocolate Crunch Option 2

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

Served Daily

A baked jacket potato with a choice of toppings



Aspens

BUBBLE

TRY OUR

18th January 2018

**Chicken Yakitori
(Chinese Chicken Skewer)**

Or

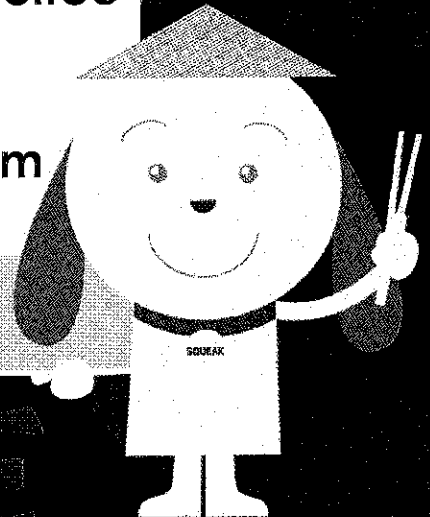
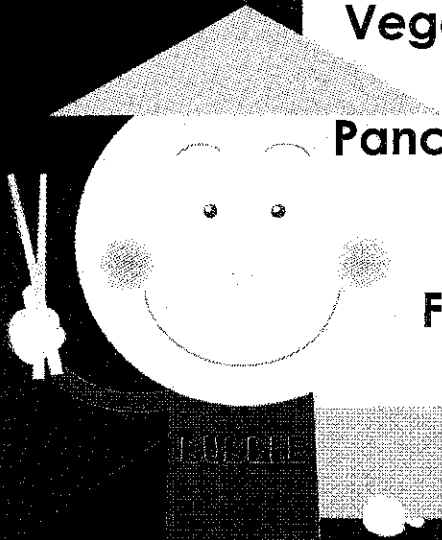
Mini Vegetable Spring Rolls

**Served with Chinese Noodles,
Vegetables and Prawn Crackers**

**Pancake with Ice-cream & Toffee
Sauce**

Or

Fruity Jelly with Ice-cream



CHINESE MENU

ASPENS 