

WEEK ONE

2nd Jan, 23rd Jan, 13th Feb,
6th March, 27th March

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Check out our other counters
for the rest of our lunch range

101 meals

Aspens

Chicken Fajitas

Tomato Salsa
Nachos

Soy & Ginger Quorn

Egg Fried
Rice

Steamed Lemon

Sponge
Lemon Drizzle

Spaghetti Bolognese

Garlic
Bread

Leek & Courgette Cheese Crumble

Baby Potatoes

Apple & Sultana Sponge

Custard

Roast Pork

Apple Sauce
Roast Potatoes

Sweet Potato, Vegetable & Lentil Roast

Roast Potatoes

Banoffee Cheesecake

Beef Country Stew

Dumplings
Crusty Bread

Roasted Tomato & Red Pepper Lasagne

Herb Gratin Crust

Baked Rice Pudding

Berry
Compote

Crispy Battered Fish Fillet

Chunky Chips

Vegetarian Frankfurter

Chunky Chips

Spiced Fresh Fruit Salad

Ice Cream

We have a daily range of seasonal vegetables and
accompaniments available with every dish.

WEEK TWO

9th Jan, 30th Jan, 20th Feb,
13th March, 3rd April

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

101 meals

Aspens

Hoi Sin Chicken
Stir Fried Vegetables
Noodles

**Vegetable
Enchiladas**
Sour Cream & Chive
Green Leaf Salad

Treacle Tart
Vanilla
Cream

**Chilli Con
Carne**
Wholemeal
Rice

**Quorn
Bolognaise**
Herb Bread

**Traditional
Fruit Trifle**

Roast Beef
Yorkshire Pudding
Paprika Glazed Roast
Potatoes

**Cheese & Potato
Pie**
Baked Beans

**Classic Eton
Mess**

Chicken Biryani
Vegetable
Samosa

Shepherdess Pie
Minted Leek and
Creamed Potato
Topping

**Apple & Wild Berry
Oaty Crumble**
Custard

Jumbo Fish Cake
Chunky
Chips

**Basil Infused
Penne Pasta**
Chestnut Mushrooms &
Roasted Tomatoes

**Chocolate
Pudding**
Chocolate Sauce

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We have a daily range of seasonal vegetables and
accompaniments available with every dish.

WEEK THREE

16th Jan, 6th Feb, 27th Feb,
20th March

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Check out our other counters
for the rest of our lunch range

101 meals

Aspens

**Mango, Chilli &
Lime Glazed Pork**
Parmentier Potatoes

**Sweet Potato,
Aubergine &
Spinach Moussaka**

**Steamed Ginger
Sponge**
Custard

Beef & Potato Pie
Freshly Minted Mushy
Peas

**Mushroom & Leek
Risotto**
Green Salad

**Apple & Sultana
Sponge**
Custard

Roast Turkey
Roast Potatoes

**Quorn Sausage
Toad in the Hole**
Onion Gravy
Roast Potatoes

**Forest Fruit
Cheesecake**

Creamy Carbonara
Cheesy Ciabatta

**Butternut Squash,
Red Pepper & Lentil
Dhansak**
Wholemeal Rice

**Bread & Orange
Pudding**
Custard

**Crispy Battered
Fish Fillet**
Chunky Chips

**Tomato, Mozzarella &
Baby Spinach Tart**
Green Herb Salad

Jam Roly Poly
Custard

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accompaniments available with every dish.