

Cold
DELI.

World KITCHEN.

Hot
DELI.

THIS WEEK'S MENU

MONDAY

**TOMATO
PASTA BAKE**
GARLIC BREAD

**CUMBERLAND
SAUSAGE**
BUBBLE & SQUEAK
MASH
APPLE GRAVY

**PEAR & APPLE
CRUMBLE**
CUSTARD

TUESDAY

**MAC &
CHEESE OPEN
BURGER**
WINTER SLAW

**BIG FISH
SANDWICH**
CHUNKY CHIPS

**CHOCOLATE
SHORTBREAD**

WEDNESDAY

**SPICY
VEGETABLE
& BEAN
QUESADILLA**

**ROAST
TURKEY**
STUFFING
ROASTED ROOT
VEGETABLES
MASH & GRAVY

**TRADITIONAL
APPLE PIE**
CINNAMON
CUSTARD

THURSDAY

**SWEET
POTATO &
CHICKPEA
CURRY**
WHOLEGRAIN
RICE

**PIRI PIRI
CHICKEN
THIGH**
PORTUGUESE
RICE

**CARROT
MUFFIN**

FRIDAY

**VEGETARIAN
LANCASHIRE
HOTPOT**

**SPAGHETTI
BOLOGNESE**
GARLIC BREAD

**SULTANA &
OAT COOKIE**

GRAB YOURSELF A

**COLD
DRINK**

HEALTHY

**SANDWICHES
& WRAPS**

ENJOY

**FRESH
FRUIT**

TUCK INTO A

**DESSERT
POT**



GET STUCK INTO

**HOT
PANINIS**

**STREET FOOD
MARKET**
AT ASPENS



FILLED

**JACKET
POTATOES**

Option 1a

SERVED WITH SEASONAL
VEGETABLES OR SALAD

WEEK ONE

3rd Sept, 24th Sept, 15th Oct, 5th Nov, 26th Nov, 17th Dec

Aspens

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THIS WEEK'S MENU

MONDAY

**BEAN &
CHILLI
BURRITO**
FRESH SALAD

**STICKY
CHICKEN**
SAVOURY RICE

**STEAMED
JAM
SPONGE**

TUESDAY

**CHICKPEA
BURGER**
WINTER SLAW

**HOMEMADE
SALMON
FISHCAKE**
CHUNKY
CHIPS

**CHOCOLATE
& BEETROOT
BROWNIE**

WEDNESDAY

**QUORN
TOAD IN THE
HOLE**
GRAVY
POTATOES

**ROAST
CHICKEN**
STUFFING
GRAVY
POTATOES

**ICED
SPONGE**

THURSDAY

**VEGETABLE
LASAGNE**

**QUICHE
LORRAINE**
FRESH SALAD

**APPLE
FLAPJACK**

FRIDAY

**CHEESE, LEEK
& POTATO PIE**
BAKED BEANS

**CHILLI CON
CARNE**
BAKED WEDGES

**WINTER FRUIT
CHEESECAKE**

Option 1a

SERVED WITH SEASONAL
VEGETABLES OR SALAD

WEEK TWO
10th Sept, 1st Oct, 22nd Oct, 12th Nov, 3rd Dec

Aspens




GRAB YOURSELF A

**COLD
DRINK**

HEALTHY

**SANDWICHES
& WRAPS**

ENJOY

**FRESH
FRUIT**

TUCK INTO A

**DESSERT
POT**



GET STUCK INTO

**HOT
PANINIS**

**STREET FOOD
MARKET**
AT ASPENS



FILLED

**JACKET
POTATOES**

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THIS WEEK'S MENU

MONDAY

VEGGIE BOLOGNESE
WHOLEMEAL PASTA

CHICKEN CURRY
WHOLEGRAIN RICE

JAMAICAN GINGER CAKE

TUESDAY

ALOO TIKKI SAMOSA BURGER
SALAD

CRISPY BATTER FISH FILLET
CHUNKY CHIPS

CHOCOLATE CRUNCH

WEDNESDAY

CRISPY TOPPED VEGETARIAN PIE

BEEF & VEGETABLE PIE
CREAMED POTATOES

PINEAPPLE UPSIDE DOWN CAKE

THURSDAY

SWEET POTATO & BEAN CHILLI
WHOLEGRAIN RICE

JAMAICAN JERK CHICKEN
CORN BREAD

WINTER SPONGE

FRIDAY

MUSHROOM STROGANOFF
WHOLEGRAIN RICE

PORK SAUSAGE CASSEROLE

OATY APPLE CRUMBLE
CUSTARD

Option 1a

GRAB YOURSELF A

COLD DRINK

HEALTHY

SANDWICHES & WRAPS

ENJOY

FRESH FRUIT

TUCK INTO A

DESSERT POT



GET STUCK INTO

HOT PANINIS

STREET FOOD MARKET
AT ASPENS



FILLED

JACKET POTATOES

SERVED WITH SEASONAL VEGETABLES OR SALAD

WEEK THREE

27th Aug, 17th Sept, 8th Oct, 29th Oct, 19th Nov, 10th Dec

Aspens
ASPENS AUTHENTIC ITALIAN