

Cold  
DELI.

# World KITCHEN.

Hot  
DELI.

## THIS WEEK'S MENU

MONDAY

**TOMATO  
PASTA BAKE**  
GARLIC BREAD

TUESDAY

**VEGETARIAN  
LANCASHIRE  
HOTPOT**

WEDNESDAY

**VEGETABLE  
& BEAN  
WRAP**

THURSDAY

**SWEET  
POTATO &  
CHICKPEA  
CURRY**  
WHOLEGRAIN  
RICE

FRIDAY

**MAC &  
CHEESE OPEN  
BURGER**  
COLESLAW

**PORK  
SAUSAGE**  
MASH & GRAVY

**SPAGHETTI  
BOLOGNAISE**  
GARLIC BREAD

**ROAST  
TURKEY**  
STUFFING,  
POTATOES &  
GRAVY

**CHICKEN  
WRAP**

**FISH FINGER  
BAP**

**PEAR & APPLE  
CRUMBLE**  
CUSTARD

**SULTANA &  
OAT COOKIE**

**APPLE PIE  
CUSTARD**

**CARROT  
MUFFIN**

**CHOCOLATE  
SHORTBREAD**

Option 9

GRAB YOURSELF A

**COLD  
DRINK**

HEALTHY

**SANDWICHES  
& WRAPS**

ENJOY

**FRESH  
FRUIT**

TUCK INTO A

**DESSERT  
POT**

SERVED WITH SEASONAL  
VEGETABLES OR SALAD

WEEK ONE

w/c 3rd Sept, 24th Sept, 15th Oct, 5th Nov, 26th Nov 17th Dec 2018

**Aspens**  
🌐🌐🌐🌐🌐



GET STUCK INTO

**HOT  
PANINIS**

**STREET FOOD  
MARKET**  
AT ASPENS



FILLED

**JACKET  
POTATOES**

Cold  
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## THIS WEEK'S MENU

MONDAY

**CHEESE &  
BEAN WRAP**

**STICKY  
CHICKEN**  
SAVOURY RICE

**JAM  
SPONGE**  
CUSTARD

TUESDAY

**CHEESE, LEEK  
& POTATO PIE**

**BEEF BURGER  
IN A BUN**  
POTATO WEDGES

**WINTER FRUIT  
CHEESECAKE**

WEDNESDAY

**QUORN  
TOAD IN THE  
HOLE**  
POTATOES &  
GRAVY

**ROAST  
CHICKEN**  
STUFFING,  
POTATOES &  
GRAVY

**ICED  
SPONGE**

THURSDAY

**VEGGIE  
LASAGNE**  
GARLIC BREAD

**BEEF LASAGNE**  
GARLIC BREAD

**APPLE  
FLAPJACK**

FRIDAY

**CHICKPEA  
BURGER**  
COLESLAW

**FISH FINGERS**  
CHIPS

**CHOCOLATE  
BROWNIE**

GRAB YOURSELF A

**COLD  
DRINK**

HEALTHY

**SANDWICHES  
& WRAPS**

ENJOY

**FRESH  
FRUIT**

TUCK INTO A

**DESSERT  
POT**

SERVED WITH SEASONAL  
VEGETABLES OR SALAD

WEEK TWO

w/c 10th Sept, 1st Oct, 22 Oct, 12th Nov, 3rd Dec 2018

Option 9

**Aspens**  
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GET STUCK INTO

**HOT  
PANINIS**

**STREET FOOD  
MARKET**  
AT ASPENS



FILLED

**JACKET  
POTATOES**

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## THIS WEEK'S MENU

MONDAY

**VEGGIE BOLOGNAISE**  
WHOLEMEAL PASTA

**CHICKEN CURRY**  
WHOLEGRAIN RICE

**JAMAICAN GINGER CAKE**

TUESDAY

**QUORN STROGANOFF**  
WHOLEGRAIN RICE

**PORK SAUSAGE CASSEROLE**

**OATY APPLE CRUMBLE CUSTARD**

WEDNESDAY

**CRISPY TOPPED VEGGIE PIE**

**BEEF & VEGETABLE PIE MASH**

**PINEAPPLE UPSIDE DOWN CAKE CUSTARD**

THURSDAY

**SWEET POTATO & BEAN CHILLI**  
WHOLEGRAIN RICE

**CHICKEN BURRITO**

**WINTER SPONGE CUSTARD**

FRIDAY

**QUORN MEATBALL SUB**  
CHIPS

**CRISPY BATTERED FISH**  
CHIPS

**CHOCOLATE CRUNCH**

Option 9

GRAB YOURSELF A

**COLD DRINK**

HEALTHY

**SANDWICHES & WRAPS**

ENJOY

**FRESH FRUIT**

TUCK INTO A

**DESSERT POT**

SERVED WITH SEASONAL  
VEGETABLES OR SALAD

WEEK THREE

w/c 17th Sept, 8th Oct, 29th Oct, 19th Nov, 10th Dec 2018

**Aspens**  
🌐🌐🌐🌐🌐



GET STUCK INTO

**HOT PANINIS**

**STREET FOOD MARKET**  
AT ASPENS



FILLED

**JACKET POTATOES**