

Cold
DELI.

World KITCHEN.

Hot
DELI.

THIS WEEK'S MENU

MONDAY

SPAGHETTI BOLOGNESE
GARLIC BREAD

SHEPHERDESS PIE
MINTED LEEK & POTATO TOPPING

STEAMED LEMON SPONGE
LEMON DRIZZLE

TUESDAY

PIRI PIRI CHICKEN THIGH
TEX MEX RICE

FETA & BEETROOT BURGER
CHARGRILLED CORN

TRADITIONAL FRUIT TRIFLE

WEDNESDAY

ROAST PORK
ROAST POTATOES
APPLE SAUCE
GRAVY

BASIL INFUSED PENNE PASTA
CHESTNUT MUSHROOMS & ROASTED TOMATOES

COCONUT BAKED RICE PUDDING
JAM

THURSDAY

THAI RED TURKEY CURRY
WHOLEGRAIN RICE

TRIPLE LOADED MAC & CHEESE

BANOFFEE CHEESECAKE

FRIDAY

FISH FINGER WRAP
TARTARE SAUCE & WEDGES

VEGETARIAN FRANKFURTER
WITH SIDES

CHOCOLATE & BEETROOT BROWNIE

Option 1

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

WEEK ONE

17TH APRIL, 8TH MAY, 29TH MAY, 19TH JUNE, 10TH JULY 2017

Aspens

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THIS WEEK'S MENU

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SWEET & SOUR PORK
WHOLEMEAL RICE

CHILLI CON CARNE
BAKED WEDGES

HONEY ROAST GAMMON
PARSLEY SAUCE & ROAST POTATOES

CHICKEN KATSU CURRY
FIRECRACKER RICE

HOMEMADE JUMBO FISH CAKE
CHUNKY CHIPS

ROASTED VEGETABLE OMELETTE
FRESH SALAD

CHEESE & POTATO PIE
BAKED BEANS

BEAN & CHILLI BURRITO
FRESH SALAD

ROASTED TOMATO & RED PEPPER LASAGNE
HERB GRATIN CRUST

QUORN BOLOGNESE
HERB BREAD

BANANA MUFFIN

KEY LIME PIE

TOFFEE SPONGE
CUSTARD

APPLE & WILD BERRY OATY CRUMBLE
CUSTARD

ETON MESS

Option 1

WEEK TWO

24TH APRIL, 15TH MAY, 5TH JUNE, 26TH JUNE, 17TH JULY 2017

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



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JACKET POTATOES

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THIS WEEK'S MENU

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

**CHICKEN
CHOW MEIN**

LASAGNE
GARLIC BREAD

**ROAST
TURKEY**
ROAST
POTATOES &
GRAVY

**CREAMY
CARBONARA**
CHEESY
CIABATTA

**CRISPY
BATTER FISH
FILLET**
CHUNKY
CHIPS

**SWEET
POTATO,
AUBERGINE
& SPINACH
MOUSSAKA**

**ORIENTAL
STIR FRY**

**QUORN
SAUSAGE
TOAD IN THE
HOLE**
ONION GRAVY

**BUTTERNUT
SQUASH, RED
PEPPER &
LENTIL
DHANSAK**
WHOLEMEAL
RICE

**TOMATO
MOZZARELLA
& BABY
SPINACH
TART**
GARDEN HERB
SALAD

**BAKED
BANANAS &
HONEY**

**APPLE
FLAPJACK**

**FOREST FRUIT
CHEESECAKE**

**MARMALADE
BREAD
PUDDING**
CUSTARD

**CARROT
CAKE
MUFFIN**

Option 1

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**

WEEK THREE

1ST MAY, 22ND MAY, 12TH JUNE, 3RD JULY, 24TH JULY 2017

Aspens