

Cold  
DELI.

# World KITCHEN.

Hot  
DELI.

## THIS WEEK'S MENU

MONDAY

**TOMATO  
PASTA BAKE**  
GARLIC BREAD

TUESDAY

**VEGETARIAN  
LANCASHIRE  
HOTPOT**

WEDNESDAY

**SPICY  
VEGETABLE  
& BEAN  
QUESADILLA**

THURSDAY

**SWEET  
POTATO &  
CHICKPEA  
CURRY**  
WHOLEGRAIN  
RICE

FRIDAY

**MAC &  
CHEESE OPEN  
BURGER**  
WINTER SLAW

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

**SPAGHETTI  
BOLOGNESE**  
GARLIC BREAD

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

**PIRI PIRI  
CHICKEN  
THIGH**  
PORTUGUESE  
RICE

**BIG FISH  
SANDWICH**  
CHUNKY CHIPS

**PEAR & APPLE  
CRUMBLE**  
CUSTARD

**SULTANA &  
OAT COOKIE**

**TRADITIONAL  
APPLE PIE**  
CINNAMON  
CUSTARD

**CARROT  
MUFFIN**

**CHOCOLATE  
SHORTBREAD**

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 ONE

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

Option 1

**Aspens**  
🌐🌐🌐🌐🌐



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## THIS WEEK'S MENU

MONDAY

**BEAN &  
CHILLI  
BURRITO**  
FRESH SALAD

**STICKY  
CHICKEN**  
SAVOURY RICE

**STEAMED  
JAM  
SPONGE**

TUESDAY

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

**CHILLI CON  
CARNE**  
BAKED WEDGES

**WINTER FRUIT  
CHEESECAKE**

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

**CHICKPEA  
BURGER**  
WINTER SLAW

**HOMEMADE  
SALMON  
FISHCAKE**  
CHUNKY  
CHIPS

**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**

SERVED WITH SEASONAL  
VEGETABLES OR SALAD

WEEK TWO

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

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## THIS WEEK'S MENU



GRAB YOURSELF A

**COLD  
DRINK**

HEALTHY

**SANDWICHES  
& WRAPS**

ENJOY

**FRESH  
FRUIT**

TUCK INTO A

**DESSERT  
POT**

MONDAY

**VEGGIE  
BOLOGNESE**  
WHOLEMEAL  
PASTA

**CHICKEN  
CURRY**  
WHOLEGRAIN  
RICE

**JAMAICAN  
GINGER  
CAKE**

TUESDAY

**MUSHROOM  
STROGANOFF**  
WHOLEGRAIN  
RICE

**PORK  
SAUSAGE  
CASSEROLE**

**OATY APPLE  
CRUMBLE**  
CUSTARD

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

**ALOO TIKKI  
SAMOSA  
BURGER**  
SALAD

**CRISPY  
BATTER FISH  
FILLET**  
CHUNKY  
CHIPS

**CHOCOLATE  
CRUNCH**

Option 1

SERVED WITH SEASONAL  
VEGETABLES OR SALAD

WEEK THREE  
27<sup>th</sup> Aug, 17<sup>th</sup> Sept, 8<sup>th</sup> Oct, 29<sup>th</sup> Oct, 19<sup>th</sup> Nov, 10<sup>th</sup> Dec

**Aspens**



GET STUCK INTO

**HOT  
PANINIS**

**STREET FOOD  
MARKET**  
AT ASPENS



FILLED

**JACKET  
POTATOES**