

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

# Menu

Aspens



## Around the World

Turkey Bolognese with Wholemeal Pasta

Cheese and Tomato Pizza Slice with Oven Baked Potato Wedges

*Seasonal Vegetables*

Iced Winter Berry Sponge and Custard

## Carb Central Day

Sausages with Mashed Potatoes and Gravy

Sweet Potato and Chickpea Curry with Wholemeal Rice

*Seasonal Vegetables*

Shortbread Fingers and Fruit Slices

## Roast and Wraps

Roast Chicken with Stuffing, Gravy and Potatoes

Sweet Chilli Quorn and Vegetable Wrap

*Seasonal Vegetables*

Berry and Jelly Chill

## Best of British

Minced Beef with a Mashed Potato Topping

Cauliflower and Broccoli Cheese

*Seasonal Vegetables*

Apple Pie and Custard

## Fun Day

Fish Fingers and Chips

Vegetable and Bean Burger in a Bun with Chips

*Seasonal Vegetables*

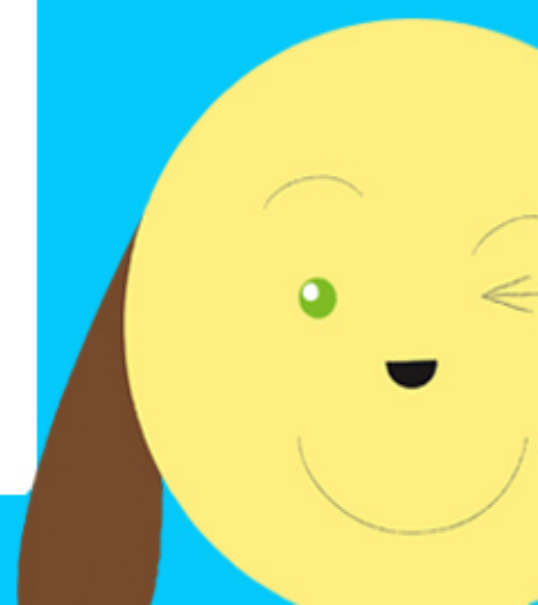
Chocolate Krispie

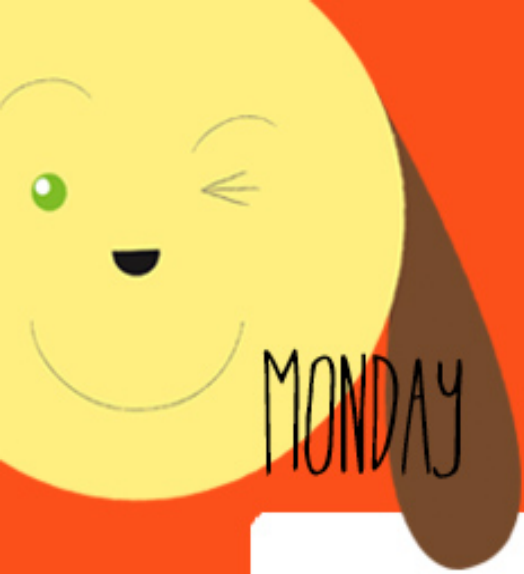
**A baked jacket potato with a choice of toppings is available daily**

Bread, fresh fruit and natural or fruity yoghurts are available daily

**Or choose our daily packed lunch with a sandwich or roll with a range of fillings, healthy snack, home baked cake and piece of fruit**

Week Commencing - 29<sup>th</sup> Aug, 19<sup>th</sup> Sept, 10<sup>th</sup> Oct, 31<sup>st</sup> Oct, 21<sup>st</sup> Nov, 12<sup>th</sup> Dec 2016





# Menu

Aspens  


MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

## Around the World

Chicken Curry and Wholemeal Rice

Creamy Quorn and Vegetable Pasta Bake

*Seasonal Vegetables*

Strawberry Mousse

## Carb Central Day

Cajun Chicken Pasta Bake

Chickpea, Potato and Root Vegetable Bake

*Seasonal Vegetables*

Fruity Flapjack and Custard

## Roast and Wraps

Roast Gammon with Pineapple, Gravy and Potatoes

Cheese and Baked Bean Wrap

*Seasonal Vegetables*

Carrot Cake

## Best of British

Minced Beef and Onion Slice with New Potatoes

Quorn Sausage and Mashed Potato with Gravy

*Seasonal Vegetables*

Winter Fruit Crumble and Custard

## Fun Day

Salmon Fish Fingers and Chips

Cheese and Tomato Pinwheel

*Seasonal Vegetables*

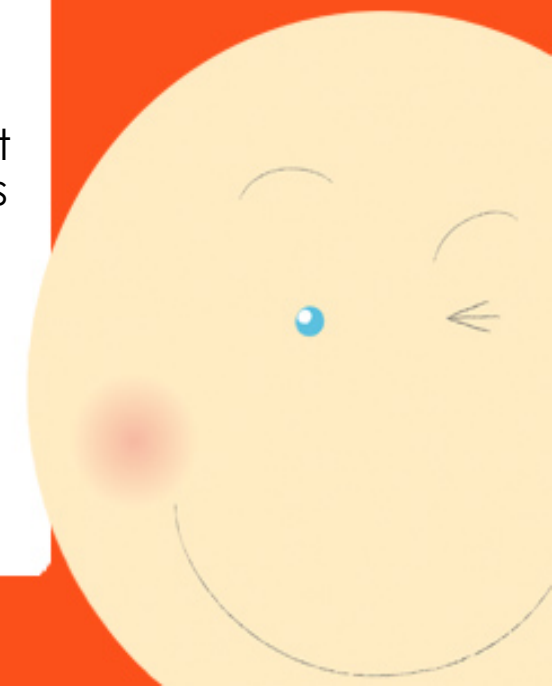
Custard Biscuit with Fruit Slices

**A baked jacket potato with a choice of toppings is available daily**

Bread, fresh fruit and natural or fruity yoghurts are available daily

**Or choose our daily packed lunch with a sandwich or roll with a range of fillings, healthy snack, home baked cake and piece of fruit**

Week Commencing – 5<sup>th</sup> Sept, 26<sup>th</sup> Sept, 17<sup>th</sup> Oct, 7<sup>th</sup> Nov, 28<sup>th</sup> Nov, 19<sup>th</sup> Dec 2016



# Menu

Aspens



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

## Around the World

BBQ Chicken, Sweetcorn, Ranch Coleslaw and Homestyle Baked Wedges

Bean and Vegetable Stew and Homestyle Baked Wedges

*Seasonal Vegetables*

## Carb Central Day

Beef Lasagne with Garlic Bread

Roasted Vegetable, Tomato and Bean Pasta Bake

*Seasonal Vegetables*

## Roast and Wraps

Roast Turkey with Stuffing, Gravy and Potatoes

BBQ Quorn Wrap with Salad

*Seasonal Vegetables*

## Best of British

### All Day Breakfast

Pork or Quorn Sausage, Bacon, Hash Brown, Tomato and Baked Beans

*Seasonal Vegetables*

## Fun Day

Battered Fish Fillet and Chips

Cheese and Tomato Quiche with Chips

*Seasonal Vegetables*

**A baked jacket potato with a choice of toppings is available daily**

Fruity Ice-Cream Sundae

Toffee Apple Pudding and Vanilla Sauce

Sultana and Oat Cookie with Fruit Slices

Pineapple Upside Down Cake with Custard

Chocolate Crunch Slice

Bread, fresh fruit and natural or fruity yoghurts are available daily

**Or choose our daily packed lunch with a sandwich or roll with a range of fillings, healthy snack, home baked cake and piece of fruit**

Week Commencing – 12<sup>th</sup> Sept, 3<sup>rd</sup> Oct, 24<sup>th</sup> Oct, 14<sup>th</sup> Nov, 5<sup>th</sup> Dec 2016

