

Spring / Summer 2019



Daily packed lunch
with a sandwich or roll with a range of fillings, healthy snack, home baked cake and piece of fruit.



w/c 25th Feb, 18th Mar, 8th Apr, 29th Apr, 20th May, 10th Jun, 1st Jul, 22nd Jul, 12th Aug, 2nd Sept, 23rd Sept

WEEK 1

Monday	Tuesday	Wednesday	Thursday	Friday
Loaded Mac n Cheese and Garlic Bread	Sausage and Mash	Roast Beef and Gravy	Chinese Chicken Noodles	Fish Fingers and Chips
▲ Spring Veg Frittata and Garlic Bread	▲ Vegan Quorn Sausage and Mash	▲ Cherry Tomato and Rocket Tart	▲ Sweet Potato Balti with Basmati Rice	Quorn Brunch Muffin and Chips
▼ Italian Orange Cake	▼ Banana Bread and Butter Pudding with Custard	▼ Honey Picnic Flapjack	▼ Chocolate Crispy Cake	▼ Oat Cookie

w/c 4th Mar, 25th Mar, 15th Apr, 6th May, 27th May, 17th Jun, 8th Jul, 29th Jul, 19th Aug, 9th Sept, 30th Sept

WEEK 2

Monday	Tuesday	Wednesday	Thursday	Friday
Cheesy Mozzarella Pizza with Wedges <small>Fresh Tomato and Basil</small>	Beef Bolognese with Spaghetti	Lemon Roast Chicken with Sage and Onion Stuffing and Gravy	All American Turkey Twist Burger in Wholemeal Bun	Crispy Battered Fish and Chips
▲ Wholemeal Penne Pasta Neapolitan	▲ Cheddar Cheese and Spinach Quiche with New Potatoes	▲ Quorn Roast with Stuffing and Gravy	▲ Chunky Chilli Tacos with Tangy Salsa	Picnic Pitta with Minty Cucumber Salad and Chips
▼ Tiramisu Trifle	▼ Toffee Apple Tart and Custard	▼ Tiramisu Trifle	▼ Mini Chocolate Brownie with Orange Wedge	▼ Ginger Cookie

w/c 11th Mar, 1st Apr, 22nd Apr, 13th May, 3rd Jun, 24th Jun, 15th Jul, 5th Aug, 26th Aug, 16th Sept

WEEK 3

Monday	Tuesday	Wednesday	Thursday	Friday
Firecracker Pizza with Herb Wedges	Root Mash Topped Cottage Pie	Roast Gammon with Sticky Pineapple	Chicken Korma with Rice	Fish Fingers and chips
▲ Broccoli and Salmon Pasta Bake	▲ Smokey Quorn Meatballs and Yellow Rice	▲ Super Green Veggie Lasagne	▲ Sweet Potato and Chick Pea Curry with Rice	Vegetable Burger with chips
▼ Apricot Biscotti Lemon Yoghurt	▼ Pineapple Sponge	▼ Chocolate Crunch	▼ Carrot and Pineapple Sponge	▼ Lemon Cookie

We offer **seasonal vegetables, bread, yoghurt and fruit daily.**
(allergy information is available)



Served Daily

A baked jacket potato with a choice of toppings

- ▲ Meat
- ▼ Veggie
- ◆ Jacket Potato
- Packed Lunch

Aspens
FOOD & DRINK