

Cold
DELI.

World KITCHEN.

Hot
DELI.

THIS WEEK'S MENU

MONDAY

CHICKEN 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 LAMB
ROAST POTATOES
MINT 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 3

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
ASPENS AUTHENTIC ITALIAN

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THIS WEEK'S MENU

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SWEET & SOUR CHICKEN
WHOLEMEAL RICE

BEFF MOUSSAKA

ROAST TURKEY
STUFFING & 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 3

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



FILLED

JACKET POTATOES

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THIS WEEK'S MENU

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

**CHICKEN
CHOW MEIN**

**KEEMA
LAMB CURRY**
WHOLEMEAL
RICE

**ROAST
CHICKEN**
ROAST
POTATOES &
GRAVY

**TURKEY
LASAGNE**
GARLIC BREAD

**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 3

WEEK THREE

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



FILLED

**JACKET
POTATOES**