

Cold
DELI.

World KITCHEN.

Hot
DELI.

THIS WEEK'S MENU

MONDAY

SPAGHETTI BOLOGNESE
GARLIC BREAD

VEGETARIAN FRANKFURTER
CARAMELISED ONIONS

STEAMED LEMON SPONGE
LEMON DRIZZLE

TUESDAY

CHICKEN BANGERS & MUSTARD MASH
ONION GRAVY

SWEET CHILLI NOODLES
ROAST VEGETABLES

TRADITIONAL APPLE PIE
CINNAMON CUSTARD

WEDNESDAY

MOROCCAN BEEF TAGINE
COUS COUS

SPICY VEGETABLE & BEAN QUESADILLA

ORANGE & CRANBERRY CUPCAKES

THURSDAY

CHICKEN BIRYANI
PILAU RICE

TRIPLE LOADED MAC & CHEESE

STICKY TOFFEE & BANANA PUDDING

FRIDAY

FISH FINGER BUTTIE
TARTARE SAUCE & CHUNKY CHIPS

SWEET POTATO & CHICKPEA CURRY
WHOLEGRAIN RICE

CHOCOLATE SPONGE
CHOCOLATE SAUCE

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

SERVED WITH SEASONAL VEGETABLES OR SALAD

WEEK ONE

4th Sept, 25th Sept, 16th Oct, 6th Nov, 27th Nov, 18th Dec

Aspens
ASPENS AUTHENTIC ITALIAN

Cold
DELI.

World KITCHEN.

Hot
DELI.

THIS WEEK'S MENU

MONDAY

CHICKEN
CHOW
MEIN

QUORN
PAELLA

KEY LIME
PIE

TUESDAY

CHILLI CON
CARNE
BAKED
WEDGES

CHEESE &
POTATO PIE
BAKED BEANS

WINTER FRUIT
CHEESECAKE

WEDNESDAY

ROAST TURKEY
STUFFING
ROOT VEGETABLE
MASH & GRAVY

BUTTERNUT
SQUASH, RED
PEPPER &
LENTIL
DHANSAK
WHOLEMEAL RICE

TOFFEE
SPONGE
CUSTARD

THURSDAY

PIRI PIRI
CHICKEN
THIGH
TEX MEX RICE

PUMPKIN
LASAGNE
HOMEMADE
FOCCACIA

APPLE & WILD
BERRY OATY
CRUMBLE
CUSTARD

FRIDAY

HOMEMADE
JUMBO FISH
CAKE
CHUNKY
CHIPS

CHICKPEA
BURGER
WINTER SLAW

COMPETITION
WINNER
VICTORIA
MUFFIN

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

SERVED WITH SEASONAL
VEGETABLES OR SALAD

WEEK TWO

11th Sept, 2nd Oct, 23rd Oct, 13th Nov, 4th Dec

Aspens

Cold
DELI.

World KITCHEN.

Hot
DELI.

THIS WEEK'S MENU

MONDAY

**LAMB
KEEMA
CURRY**
WHOLEMEAL
RICE

**CHEESY
ROASTED
VEGETABLE
PASTA**
GARLIC BREAD

**CARROT
MUFFIN**

TUESDAY

**TURKEY
SAMOSA**
SPICY RICE

**ORIENTAL
STIR FRY**

**ROASTED
PEACH &
APPLE
CRUMBLE**
CUSTARD

WEDNESDAY

**BEEF &
POTATO PIE**
FRESHLY MINTED
MUSHY PEAS

**ROAST
VEGETABLE
& BEAN
CHILLI**
WHOLEGRAIN
RICE

**SPICED
WINTER
APPLE
PANCAKES**

THURSDAY

**JAMAICAN
JERK
CHICKEN**
RICE &
PEAS

**CURRIED
VEGETABLE
PLAIT**

**BANOFFEE
CHEESECAKE**

FRIDAY

**CRISPY
BATTER FISH
FILLET**
CHUNKY
CHIPS

**BUBBLE &
SQUEAK**
BOSTON
BEANS

**STEAMED
GINGER
SPONGE**
CUSTARD

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**

SERVED WITH SEASONAL
VEGETABLES OR SALAD

WEEK THREE

28th Aug, 18th Sept, 9th Oct, 30th Oct, 20th Nov, 11th Dec

Aspens

