

Autumn/Winter
2019

FOOD FESTIVAL

W/c 7th October - 28th October, 18th November, 9th December, 30th December, 28th January, 16th February

BY Aspens

WEEK
ONE

	MONDAY Authentic Italian	TUESDAY Family Faves	WEDNESDAY Baking British	THURSDAY Food Festival	FRIDAY Fun Day
Main Event	Cheese and Tomato Pasta Bake V	All Day Breakfast ▲	Roast Chicken and Gravy with Mash ▲	Chicken Curry and Rice ▲	Salmon Fish Fingers and Chips
	Wholewheat penne with the ultimate tomato sauce topped with cheese	Grilled sausage, egg, beans, tomato and hash brown	Chicken fillets with mash, stuffing and gravy	Marinated chicken thigh pieces in a buttery curry sauce with rice	MSC salmon fish fingers with chips and peas
Vegetarian Section	Quorn Meatballs and Spaghetti V	Veggie All Day Breakfast V	Quorn Roast and Gravy with Mash V	Cauliflower and Lentil Jalfrezi and Rice V	Cheese and Bean Wrap and Chips V
	Quorn meatballs in a tasty tomato sauce with wholewheat spaghetti	Veggie sausage, egg, beans, tomato and hash brown	Quorn roast with mash, sage and onion stuffing and gravy	Lightly spiced cauliflower and lentil curry with rice	Half a wholewheat wrap stuffed with baked beans and cheese
Packed Lunch					
Jacket Potatoes					
	Italian Crumble Cake	Winter Sponge	Fruity Loaf	New York Cheesecake	Lemon Cookie
The Finale	Crumble base filled with apples topped with even more crumble	Orange and cinnamon sponge with a twist!	Mixed dried fruit cake with soft brown sugar and cinnamon	Baked cheesecake with fruit topping	Zesty lemon cookie with juicy fruit

Pick and Mix Deli – Freshly Filled Sandwich or Roll, Healthy Snack, Home Bake and Piece of Fruit ★

Jacket Potato with Toppings ◆

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▲ Meal V Veggie ◆ Jacket Potato ■ Packed Lunch

THEME
DAYS

Trip to
France

Italian
Day Out

Try our
Scottish
Menu

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

Autumn/Winter
2019

FOOD FESTIVAL

BY ASPENS

w/c 14th October, 4th November, 25th November, 16th December, 4th January, 27th January, 12th February

WEEK TWO

MONDAY
Authentic Italian

TUESDAY
Family Faves

WEDNESDAY
Baking British

THURSDAY
Food Festival

FRIDAY
Fun Day

Main Event

Cheese and Tomato Pizza

Pizza topped with tomato sauce and cheese

Beef Lasagne

Layers of pasta with minced beef and tomato sauce topped with cheese

Sausage with Mash

Pork sausage with mash and gravy

Chicken Fajitas

Marinated chicken with sliced vegetables, rice and a wheat wrap

Golden Fish Fingers and Chips

MSC pollock fish fingers with chips

Vegetarian Section

Tomato and Roasted Veggie Risotto

Roasted peppers, courgettes and tomatoes with edamame beans and rice

Vegetable Lasagne

Layers of pasta with vegetables and tomato sauce topped with cheese

Quorn Sausage with Mash

Quorn sausage with Mash and gravy

Quorn Fajitas

Marinated Quorn with sliced vegetables, rice and a wheat wrap

Sticky Onion and Cheddar Quiche and Chips

Wholemeal pastry with a caramelised onion and cheddar filling.

Packed Lunch

Pick and Mix Deli – Freshly Filled Sandwich or Roll, Healthy Snack, Home Bake and Piece of Fruit

Jacket Potatoes

Jacket Potato with Toppings

Tiramisu

Soft cheese and cream layers with sponge and cocoa

Winter Fruit Brulee

Dessert pot with berries, cream and yoghurt with a crunchy topping

Apple and Berry Crumble

Baked apples and berries topped with an oaty crumble

Mexican Chocolate Pudding

Chocolate and cinnamon flavoured sponge and sauce

Ginger Cookie and Fruit Slices

Ginger Cookie with juicy fruit

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Meal Veggie Jacket Potato Packed Lunch

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

Pancake Day

Chinese New Year

Fairytale Festival

THEME DAYS

Autumn/Winter
2019

FOOD FESTIVAL

we 21st October, 11th November, 2nd December, 2nd December, 13th January, 3rd February, 24th February

By Aspens

WEEK
THREE

MONDAY
Authentic
Italian

TUESDAY
Family
Faves

WEDNESDAY
Baking
British

THURSDAY
Food
Festival

FRIDAY
Fun
Day

Macaroni
Cheese

Minced Beef
Pie

Roast Chicken
and Gravy with
Roast Potatoes

Hot Dog and
BBQ Beans

Golden Fish Fingers
and Chips

Main
Event

Baked cheesy pasta
with a crunchy topping

Minced beef and
carrot pie with gravy
and mash

Chicken fillets with roast
potatoes, sage and
onion stuffing and
gravy

Hot Dog sausage in a
roll with BBQ flavoured
beans

MSC pollock
fish fingers with chips

Vegetarian
Section

Quorn
Bolognese

Crispy Topped
Vegetarian Pie

Quorn Roast and
Gravy with Roast
Potatoes

Veggie Dog and
BBQ Beans

Cheese & Tomato
Pinwheel with Chips

Quorn vegetable and
tomato sauce with
wholewheat spaghetti

Crunchy vegetables in
sauce with sliced
potato topping

Quorn Roast with
Roast potatoes, sage
and onion stuffing
and gravy

Veggie sausage in a
roll with BBQ flavoured
beans

Baked bread base
with cheese and
tomato filling with
chips

Packed
Lunch

Pick and Mix Deli – Freshly Filled Sandwich or Roll,
Healthy Snack, Home Bake and Piece of Fruit

Jacket
Potatoes

Jacket Potato with Toppings

Lemon Drizzle
Flapjack

Sticky Ginger
Cake

Fruity Rice
Pudding

Vanilla and
Blueberry Blondie

Oaty Energy
Cookie

The Findle

Oaty flapjack topped
with a lemon drizzle

Traditional sticky ginger
sponge with custard.

Chilled rice pudding
with caramelised
pineapple

Chewy, fruity traybake
with vanilla and
blueberries

Oat Cookie with juicy
fruit

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Meal Veggie Jacket Potato Packed Lunch

THEME
DAYS

Trip to
Wales

Best of
British

And lots
more ...

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