

Autumn/Winter  
2019

# FOOD FESTIVAL

By Aspens

w/c 7th October, 28th October, 18th November, 9th December, 30th December, 20th January, 10th February

## WEEK ONE

	MONDAY Authentic Italian	TUESDAY Family Faves	WEDNESDAY Baking British	THURSDAY Food Festival	FRIDAY Fun Day
Main Event	<b>Cheese and Tomato Pasta Bake</b> v	<b>All Day Breakfast</b> ▲	<b>Roast Chicken and Gravy with Mash</b> ▲	<b>Chicken Curry and Rice</b> ▲	<b>Salmon Fish Fingers and Chips</b>
	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	<b>Quorn Meatballs and Spaghetti</b> v	<b>Veggie All Day Breakfast</b> v	<b>Quorn Roast and Gravy with Mash</b> v	<b>Cauliflower and Lentil Jalfrezi and Rice</b> v	<b>Cheese and Bean Wrap and Chips</b> 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	Pick and Mix Deli – Freshly Filled Sandwich or Roll, Healthy Snack, Home Bake and Piece of Fruit ●				
Jacket Potatoes					
		Jacket Potato with Toppings ●			
The Finale	<b>Italian Crumble Cake</b>	<b>Winter Sponge</b>	<b>Fruity Loaf</b>	<b>New York Cheesecake</b>	<b>Lemon Cookie</b>
	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

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)

Aspens

▲ Meal v Veggie ● Jacket Potato ■ Packed Lunch



Autumn/Winter  
2019

# FOOD FESTIVAL

By Aspens

w/c 14th October, 4th November, 25th November, 14th December, 4th January, 27th January, 17th February

WEEK TWO

**MONDAY**  
Authentic  
Italian

**TUESDAY**  
Family  
Faves

**WEDNESDAY**  
Baking  
British

**THURSDAY**  
Food  
Festival

**FRIDAY**  
Fun  
Day

Main  
Event

**Cheese and Tomato  
Pizza** v

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** v

Roasted peppers,  
courgettes and  
tomatoes with  
edamame beans and  
rice

**Vegetable  
Lasagne** v

Layers of pasta with  
vegetables and  
tomato sauce topped  
with cheese

**Quorn Sausage with  
Mash** v

Quorn sausage with  
Mash and gravy

**Quorn  
Fajitas** v

Marinated Quorn with  
sliced vegetables, rice  
and a wheat wrap

**Sticky Onion and  
Cheddar Quiche  
and Chips** v

Wholemeal pastry  
with a caramelised  
onion and cheddar  
filling.

Packed  
Lunch

Jacket  
Potatoes

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

Jacket Potato with Toppings

**Tiramisu**

**Winter Fruit  
Brulee**

**Apple and Berry  
Crumble**

**Mexican Chocolate  
Pudding**

**Ginger Cookie and  
Fruit Slices**

The Finale

Soft cheese and  
cream layers with  
sponge and cocoa

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

Baked apples and  
berries topped with an  
oaty crumble

Chocolate and  
cinnamon flavoured  
sponge and sauce..

Ginger Cookie with  
juicy fruit

THEME  
DAYS

Fairytale  
Festival

Chinese  
New Year

Pancake  
Day

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

Aspens

▲ Meal v Veggie ◆ Jacket Potato ● Packed Lunch



Autumn/Winter  
2019

# FOOD FESTIVAL

By Aspens

w/c 21st October, 11th November, 2nd December, 23rd December, 13th January, 3rd February, 24th February

WEEK  
THREE

**MONDAY**  
Authentic  
Italian

**TUESDAY**  
Family  
Faves

**WEDNESDAY**  
Baking  
British

**THURSDAY**  
Food  
Festival

**FRIDAY**  
Fun  
Day

Main  
Event

Macaroni  
Cheese

Baked cheesy pasta  
with a crunchy topping

Minced Beef  
Pie

Minced beef and  
carrot pie with gravy  
and mash

Roast Chicken  
and Gravy with  
Roast Potatoes

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

Hot Dog and  
BBQ Beans

Hot Dog sausage in a  
roll with BBQ flavoured  
beans

Golden Fish Fingers  
and Chips

MSC pollock  
fish fingers with chips

Vegetarian  
Section

Quorn  
Bolognese

Quorn, vegetable and  
tomato sauce with  
wholewheat spaghetti

Crispy Topped  
Vegetarian Pie

Crunchy vegetables in  
sauce with sliced  
potato topping

Quorn Roast and  
Gravy with Roast  
Potatoes

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

Veggie Dog and  
BBQ Beans

Veggie sausage in a  
roll with BBQ flavoured  
beans

Cheese & Tomato  
Pinwheel with Chips

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

Oaty flapjack topped  
with a lemon drizzle

Sticky Ginger  
Cake

Traditional sticky ginger  
sponge with custard

Fruity Rice  
Pudding

Chilled rice pudding  
with caramelised  
pineapple

Vanilla and  
Blueberry Blondie

Chewy, fruity traybake  
with vanilla and  
blueberries

Oaty Energy  
Cookie

Oat Cookie with juicy  
fruit

The Finale

THEME  
DAYS

Trip to  
Wales

Best of  
British

And lots  
more ...

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

Aspens

▲ Meal   v Veggie   ● Jacket Potato   ■ Packed Lunch