

Cold  
DELI.

# World KITCHEN.

Hot  
DELI.

## THIS WEEK'S MENU

MONDAY

**CHICKEN  
SAUSAGES &  
MASH**  
ONION GRAVY

**SOY &  
GINGER  
QUORN**

EGG FRIED RICE

**STEAMED  
LEMON  
SPONGE**

LEMON DRIZZLE

TUESDAY

**SPAGHETTI  
BOLOGNESE**  
GARLIC BREAD

**LEEK &  
COURGETTE  
CHEESE  
CRUMBLE**

BABY POTATOES

**APPLE &  
SULTANA  
SPONGE**

CUSTARD

WEDNESDAY

**ROAST  
TURKEY**  
ROAST  
POTATOES  
GRAVY

**SWEET  
POTATO,  
VEGETABLE &  
LENTIL ROAST**  
POTATOES

**BANOFFEE  
CHEESECAKE**

THURSDAY

**CHICKEN  
FRICASSEE**  
WHOLEGRAIN  
RICE

**ROASTED  
TOMATO &  
RED PEPPER  
LASAGNE**  
HERB GRATIN  
CRUST

**CARROT  
MUFFIN**

FRIDAY

**CRISPY  
BATTER FISH  
FILLET**  
CHUNKY  
CHIPS

**VEGETARIAN  
FRANKFURTER**  
CHUNKY CHIPS

**SPICED FRESH  
FRUIT SALAD**  
ICE CREAM

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

1st Jan, 22nd Jan, 12th Feb, 5th March, 26th March 2018

**Aspens**

Cold  
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# World KITCHEN.

Hot  
DELI.

## THIS WEEK'S MENU

MONDAY

**CHICKEN  
CHOWMEIN**

**SPICY  
VEGETABLE &  
BEAN  
QUESADILLA**

**TREACLE  
TART**  
VANILLA CREAM

TUESDAY

**SHEPHERD'S  
PIE**  
ROOT VEGETABLE  
MASH

**VEGGIE  
BOLOGNESE**  
WHOLEMEAL  
PASTA

**WINTER  
BERRY  
SPONGE**  
CUSTARD

WEDNESDAY

**TRADITIONAL  
ROAST  
CHICKEN**  
SAGE & ONION  
STUFFING

**CHEESE &  
POTATO PIE**  
BAKED BEANS

**SHORTBREAD  
BISCUIT**  
FRUIT PIECES

THURSDAY

**CHICKEN  
BIRYANI**  
PILAU RICE

**SHEPHERDESS  
PIE**  
MINTED LEEK  
AND CREAMED  
POTATO  
TOPPING

**APPLE & WILD  
BERRY OATY  
CRUMBLE**  
CUSTARD

FRIDAY

**JUMBO FISH  
CAKE**  
CHUNKY  
CHIPS

**BASIL  
INFUSED  
PENNE  
PASTA**  
CHESTNUT  
MUSHROOMS &  
ROASTED  
TOMATOES  
**CHOCOLATE  
PUDDING**  
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 TWO

8th Jan, 29th Jan, 19th Feb, 12th March 2018

**Aspens**



Cold  
DELI.

# World KITCHEN.

Hot  
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## THIS WEEK'S MENU

MONDAY

**KEEMA  
LAMB  
CURRY**  
WHOLEGRAIN  
RICE

**SWEET  
POTATO,  
AUBERGINE  
& SPINACH  
MOUSSAKA**

**STEAMED  
GINGER  
SPONGE**  
CUSTARD

TUESDAY

**ITALIAN  
MEATBALLS  
TOMATO &  
BASIL SAUCE**  
WHOLEWHEAT  
PASTA

**MUSHROOM  
& LEEK  
RISOTTO**  
GREEN SALAD

**APPLE &  
SULTANA  
SPONGE**  
CUSTARD

WEDNESDAY

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

**QUORN  
SAUSAGE  
TOAD IN THE  
HOLE**  
ONION GRAVY,  
POTATOES

**FOREST FRUIT  
CHEESECAKE**

THURSDAY

**PIRI PIRI  
CHICKEN  
THIGH**  
TEX MEX RICE

**BUTTERNUT  
SQUASH, RED  
PEPPER &  
LENTIL  
DHANSAK**  
WHOLEGRAIN  
RICE

**BREAD &  
ORANGE  
PUDDING**  
CUSTARD

FRIDAY

**CRISPY  
BATTER FISH  
FILLET**  
CHUNKY  
CHIPS

**ROASTED  
VEGETABLE  
OMELETTE**  
CHIPS

**JAM ROLY  
POLY  
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

15th Jan, 5th Feb, 26th Feb, 19th March 2018

**Aspens**