

31st Aug, 14th Sept, 28th Sept, 12th October, 26th Oct, 9th Nov, 23rd Nov, 7th dec, 21st Dec

# **Aspens**

### WEEK ONE

#### MONDAY

#### TUESDAY

#### WEDNESDAY

Sausage & Mash

Pork Sausage

With Mash Peas

#### THURSDAY

#### FRIDAY

## TRADITIONAL

**Meatballs**Meatballs in a rich

tomato sauce with pasta with garlic slice

**Quorn Meatballs** 

garlic slice

Lasagne Beef lasagne With Potato Wedges

Veg Lasagne

Veg Lasagne

With Potato

Wedges

& Gravy Quorn Sausc

Quorn Sausage & Mash Quorn sausage With Mash Peas & Gravy Chicken Curry
Marinated chicken
thigh in a curry

sauce with rice

Battered Fish or Sausage With Chips, Peas or Beans

Fish/Sausage &

Chips

#### Quorn Meatballs in a rich tomato sauce with pasta with



VEGGIE

Sweet Potato Balti

spiced sweet
potato, chickpea
and lentil curry with
rice

**Quorn Dippers**Battered quorn

nuggets served with chips and peas

### Hot DELI

A Selection of Hot & Cold Grab & Go Deli Items, Changing Daily. Including, Filled Wraps, Sandwiches, Baguettes, Flatbreads, Paninis, Pasta, Pizza

DELICIOUS

Tray Bakes
Muffins
Cookies



7th Sept, 21st Sept, 5th Oct, 19th Oct, 2nd Nov, 16th Nov, 30th Nov, 14th Dec

### **WEEK TWO**



#### MONDAY

#### TUESDAY

#### WEDNESDAY

#### THURSDAY

#### FRIDAY

# TRADITIONAL

#### Cottage Pie

Traditional mash topped minced beef served with green beans

#### Mac n Cheese

Crispy Bacon and Macaroni in a cheese sauce topped with breadcrumbs and wedges

#### **Bolognese**

Beef Bolognese in a rich tomato sauce with pasta

#### Chicken Jalfrezi

Spiced Chicken in a curry sauce with rice and naan

### Fish/ Sausage & Chips

Battered Fish or Sausage With Chips and Mushy Peas or Beans



#### **Shepherdess Pie**

Topped with sweet potato mash, green beans and gravy

#### Mac n Cheese

Macaroni in a cheese sauce topped with breadcrumbs and wedges

#### **Quorn Bolognese**

Meat free Mince in a rich tomato sauce with pasta

#### Cauliflower Jalfrezi

Lightly spiced cauliflower and lentil curry with rice and naan

#### **Quorn Dippers**

Battered quorn nuggets served with chips and peas



DELICIOUS DESSERTS A Selection of Hot & Cold Grab & Go Deli Items, Changing Daily. Including, Filled Wraps, Sandwiches, Baguettes, Flatbreads, Paninis, Pasta, Pizza

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