<table>
<thead>
<tr>
<th>WEEK ONE</th>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Main Event</strong></td>
<td>Authentic Italian</td>
<td>Family Faves</td>
<td>Backing British</td>
<td>Food Festival</td>
<td>Fun Day</td>
</tr>
<tr>
<td><strong>Cheese and Tomato Pasta Bake</strong></td>
<td>Chicken Curry Served with rice or naan</td>
<td>Roast Chicken Tikka Drumstick Served with Cajun Wedges</td>
<td>Pizza Served with Chips</td>
<td>Fish Fingers and Chips MSC salmon fish fingers with chips and peas</td>
<td></td>
</tr>
<tr>
<td><strong>Vegetarian Section</strong></td>
<td>Quorn Meatballs and Spaghetti</td>
<td>Samosa</td>
<td>Filled Jacket Potato Served with Cheese, beans or coleslaw</td>
<td>Cheese Bap Served with seasonal salad</td>
<td>Cheese and Bean Wrap and Chips Half a wholewheat wrap stuffed with baked beans and cheese</td>
</tr>
<tr>
<td><strong>Packed Lunch</strong></td>
<td>Quorn meatballs in a tasty tomato sauce with wholewheat spaghetti</td>
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<tr>
<td><strong>Jacket Potatoes</strong></td>
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<td></td>
<td></td>
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<tr>
<td><strong>Packed Lunch</strong></td>
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<td></td>
<td></td>
</tr>
<tr>
<td><strong>Jacket Potatoes with Toppings</strong></td>
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<td></td>
</tr>
<tr>
<td><strong>Pick and Mix Deli – Freshly Filled Sandwich or Roll, Healthy Snack, Home Bake and Piece of Fruit</strong></td>
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</tr>
<tr>
<td><strong>Chocolate crunch</strong></td>
<td>Winter Sponge</td>
<td>Jelly</td>
<td>Ice Cream</td>
<td>Lemon Cookie</td>
<td></td>
</tr>
<tr>
<td><strong>The Finale</strong></td>
<td>Orange and cinnamon sponge with a twist!</td>
<td></td>
<td></td>
<td>Zesty lemon cookie with juicy fruit</td>
<td></td>
</tr>
</tbody>
</table>

- **Meat**
- **Veggie**
- **Jacket Potato**
- **Packed Lunch**

Autumn/Winter 2019

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

FOOD FESTIVAL

By Aspens

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**

w/c 14th October, 4th November, 25th November, 16th December, 6th January, 27th January, 17th February

### WEEK TWO

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
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<tr>
<td>Authentic Italian</td>
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<td>Food Festival</td>
<td>Fun Day</td>
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</tbody>
</table>

#### Main Event

- **Shish Kebabs**
  - Served with yellow Rice

- **Beef Lasagne**
  - Layers of pasta with minced beef and tomato sauce topped with cheese

- **Tandoori Roast chicken Drumsticks**
  - Served with pilau rice

- **Pizza**
  - Served with Chips

- **Golden Fish Fingers and Chips**
  - MSC pollock fish fingers with chips

#### Vegetarian Section

- **Macaroni Cheese**
  - Served with Garlic bread

- **Vegetable Lasagne**
  - Layers of pasta with vegetables and tomato sauce topped with cheese

- **Cheese Panini**
  - Served with seasonal salad and coleslaw

- **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.

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

- **Jacket Potato with Toppings**

#### The Finale

- **Sponge and custard**
- **Hedgehogs**
- **Fruit Flapjack**
- **Ice cream**
- **Ginger Cookie**

- **Meat**
- **Veggie**
- **Jacket Potato**
- **Packed Lunch**

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*We offer seasonal vegetables, bread, yoghurt and fruit daily. (Allergy information is available)*
<table>
<thead>
<tr>
<th>WEEK THREE</th>
<th>MONDAY Authentic Italian</th>
<th>TUESDAY Family Faves</th>
<th>WEDNESDAY Backing British</th>
<th>THURSDAY Food Festival</th>
<th>FRIDAY Fun Day</th>
</tr>
</thead>
<tbody>
<tr>
<td>Main Event</td>
<td>Beef Biryani</td>
<td>Beef Burgers</td>
<td>Roast Chicken Drumsticks</td>
<td>Pizza</td>
<td>Golden Fish Fingers and Chips</td>
</tr>
<tr>
<td></td>
<td>Served with Mango chutney</td>
<td>Served in a bun</td>
<td>Served with Spicy wedges</td>
<td>Served with Chips and BBQ beans</td>
<td>MSC pollock fish fingers with chips</td>
</tr>
<tr>
<td>Vegetarian Section</td>
<td>Macaroni Cheese</td>
<td>Vegetable burgers</td>
<td>Vegetable chunky Chilli</td>
<td>Samosa</td>
<td>Cheese &amp; Tomato Pinwheel with Chips</td>
</tr>
<tr>
<td></td>
<td>Served with Garlic bread</td>
<td>Served in a bun with wedges</td>
<td>Served with rice</td>
<td>Served with chips and BBQ Beans</td>
<td>Baked bread base with cheese and tomato filling with chips</td>
</tr>
<tr>
<td>Packed Lunch</td>
<td>Pick and Mix Deli – Freshly Filled Sandwich or Roll, Healthy Snack, Home Bake and Piece of Fruit</td>
<td></td>
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<td></td>
<td></td>
</tr>
<tr>
<td>Jacket Potatoes</td>
<td>Jacket Potato with Toppings</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>The Finale</td>
<td>Lemon Drizzle Flapjack</td>
<td>Sticky Ginger Cake</td>
<td>Jelly</td>
<td>Ice Cream</td>
<td>Fruit Muffins</td>
</tr>
<tr>
<td></td>
<td>Oaty flapjack topped with a lemon drizzle</td>
<td>Traditional sticky ginger sponge with custard.</td>
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</tr>
</tbody>
</table>

**WEEK THREE**

- **Monday**: Authentic Italian
  - Beef Biryani
    - Served with Mango chutney

- **Tuesday**: Family Faves
  - Beef Burgers
    - Served in a bun
  - Macaroni Cheese
    - Served with Garlic bread

- **Wednesday**: Backing British
  - Roast Chicken Drumsticks
    - Served with Spicy wedges
  - Vegetable chunky Chilli
    - Served with rice

- **Thursday**: Food Festival
  - Pizza
    - Served with Chips and BBQ beans

- **Friday**: Fun Day
  - Golden Fish Fingers and Chips
    - MSC pollock fish fingers with chips
  - Cheese & Tomato Pinwheel with Chips
    - Baked bread base with cheese and tomato filling with chips

**Main Event**

- **Monday**: Beef Biryani
  - Served with Mango chutney
- **Tuesday**: Beef Burgers
  - Served in a bun
  - Vegetable burgers
  - Vegetable chunky Chilli
  - Samosa

**Vegetarian Section**

- **Monday**: Macaroni Cheese
  - Served with Garlic bread
- **Tuesday**: Vegetable burgers
  - Served in a bun with wedges
- **Wednesday**: Vegetable chunky Chilli
  - Served with rice

**Packed Lunch**

- **Monday**: Pick and Mix Deli – Freshly Filled Sandwich or Roll, Healthy Snack, Home Bake and Piece of Fruit
- **Tuesday**: Jacket Potato with Toppings

**The Finale**

- **Monday**: Lemon Drizzle Flapjack
  - Oaty flapjack topped with a lemon drizzle
- **Tuesday**: Sticky Ginger Cake
  - Traditional sticky ginger sponge with custard
- **Wednesday**: Jelly
- **Thursday**: Ice Cream
- **Friday**: Fruit Muffins

**Theme Days**

- **Trip to Wales**
  - Best of British
  - And lots more...

**Aspens**

- **Autumn/Winter 2019**
- **w/c 21st October, 11th November, 23rd December, 13th January, 3rd February, 24th February**

**Notes**

- **Meat**: 🍗
- **Veggie**: 🌶
- **Jacket Potato**: 🍔
- **Packed Lunch**: 🍎

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