

# Spring / Summer 2019

Choose our **daily packed lunch** with a sandwich or roll with a range of fillings, healthy snack, home baked cake and piece of fruit.

w/c 25th Feb, 18th Mar, 8th Apr, 29th Apr, 20th May, 10th Jun, 1st Jul, 22nd Jul, 12th Aug, 2nd Sept, 23rd Sept

## WEEK 1

| Monday  | Tuesday                                  | Wednesday                                 | Thursday                                    | Friday  |
|---|--|---|---|---|
| <b>Loaded Mac n Cheese and Garlic Focaccia</b><br>▲ | <b>Bangers and Mash</b><br>▲             | <b>Roast Beef and Gravy</b><br>▲          | <b>Chinese Chicken Noodles</b><br>▲         | <b>Fish Fingers and Chips</b>                               |
| <b>Spring Veg Frittata and Garlic Focaccia</b><br>v | <b>Vegan Quorn Bangers and Mash</b><br>v | <b>Cherry Tomato and Rocket Tart</b><br>v | <b>Sweet Potato and Chickpea Curry</b><br>v | <b>Quorn Brunch Muffin and Chips</b><br>v                   |
| <b>Italian Orange Cake</b>                          | <b>Fruit Sponge with Custard</b>         | <b>Honey Picnic Flapjack</b>              | <b>Berry Eton Mess</b>                      | <b>Cookie and Shake</b><br>Oat Cookie & Chocolate Milkshake |

w/c 4th Mar, 25th Mar, 15th Apr, 6th May, 27th May, 17th Jun, 8th Jul, 29th Jul, 19th Aug, 9th Sept, 30th Sept

## WEEK 2

| Monday  | Tuesday   | Wednesday  | Thursday  | Friday   |
|---|---|--|---|--|
| <b>Cheesy Mozzarella Pizza with Wedges</b><br>Fresh Tomato and Basil<br>▲ | <b>Beef Bolognese with Spaghetti</b><br>▲                       | <b>Lemon Roast Chicken with Sage and Onion Stuffing and Gravy</b><br>▲ | <b>All American Turkey Twist Burger in Wholemeal Bun</b><br>▲ | <b>Crispy Battered Fish and Chips</b>                            |
| <b>Wholemeal Penne Pasta Neapolitan</b><br>v                              | <b>Cheddar Cheese and Spinach Quiche with New Potatoes</b><br>v | <b>Quorn Roast with Stuffing and Gravy</b><br>v                        | <b>Chunky Chilli Tacos with Tangy Salsa</b><br>v              | <b>Picnic Pitta with Minty Cucumber Salad and Chips</b><br>v     |
| <b>Apple Tart and Custard</b>   | <b>Trifle Pots</b>  | <b>Ice Cream Tub</b>   | <b>Mini Chocolate Brownie with Orange Wedge</b>               | <b>Cookie and Shake</b><br>Ginger Cookie and Vanilla Honey Shake |

w/c 11th Mar, 1st Apr, 22nd Apr, 13th May, 3rd Jun, 24th Jun, 15th Jul, 5th Aug, 26th Aug, 16th Sept

## WEEK 3

| Monday   | Tuesday  | Wednesday                                      | Thursday                           | Friday  |
|--|--|--|------------------------------------|---|
| <b>Firecracker Pizza with Herb Wedges</b><br>▲ | <b>Root Mash Topped Cottage Pie</b><br>▲           | <b>Roast Gammon with Sticky Pineapple</b><br>▲ | <b>All Day Breakfast</b><br>▲      | <b>Fish Fingers and chips</b>                               |
| <b>Broccoli and Salmon Pasta Bake</b>          | <b>Smokey Quorn Meatballs and Yellow Rice</b><br>v | <b>Super Green Veggie Lasagne</b><br>v         | <b>All Day Breakfast</b><br>v      | <b>Cheese and Marmite Muffin with chips</b><br>v            |
| <b>Apricot Biscotti Lemon Yoghurt</b>          | <b>Fruit Crumble</b>                               | <b>Shortbread Biscuit</b>                      | <b>Carrot and Pineapple Muffin</b> | <b>Cookie and Shake</b><br>Lemon Cookie and Berry Milkshake |

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

### Served Daily

A baked jacket potato with a choice of toppings

▲ Meat  
v Veggie  
◆ Jacket Potato  
■ Packed Lunch

**Aspens**  
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BUBBLE