

WEEK ONE

7th January - 22nd March

Cold
DELI.

World KITCHEN.

Hot
DELI.

THIS WEEK'S MENU

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Main Meal

Penne Pasta
Bolognese served
Garlic and Herb
Slice
(G)

Cumberland
Sausage with
Creamy Mash and
Sautéed Cabbage
(G,Su,Mk)

Honey Roast
Gammon with
Glazed Medley of
Vegetables and
Roasties

Sweet and Sour
Chicken with Egg
Fried Rice and
Prawn Crackers
(E,F)

Crispy Battered
Fish Fillet, Chunky
Chips, Peas and
Homemade
Tartare Sauce
(G,F,Mu,Mk,E,So)

Vegetarian

Penne Pasta Bake
in a Fresh Tomato
and Vegetable
Sauce
(G)

Roasted Quorn
Sausage
with Creamy Mash
and Sautéed
Cabbage
(G,E,Mk,Su,So)

All American Mac
and Cheese Served
with Red Coleslaw
(G,Mk,E)

Sweet Red Pepper
Frittata with
Seasoned Wedges
and Salad
(E)

Cherry Tomato,
Basil and
Mozzarella
Quiche with
Chunky Chips
(G,E,Mk)

Dessert

Traditional Apple
Pie and
Cinnamon Custard
(G,Mk)

Warm Chocolate
Sponge and
Chocolate Sauce
(G,E,Mk)

Coconut Baked
Rice Pudding and
Raspberry Jam
(Mk,Su)

Key Lime
Pie with
Digestive Base
(G,So,Mk)

Sweet Syrup
Cornflake Tart
with Vanilla Ice
Cream
(G,Mk)

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

ALL MAIN COURSES SERVED
WITH SEASONAL
VEGETABLES OR SALAD

Dishes containing allergens are marked as follows:
Ce = Celery CR = Crustacean E = Eggs F = Fish G = Cereals containing Gluten L = Lupin Mk =
Milk Mo = Molluses Mu = Mustard N = Nuts P = Peanuts Se = Sesame Seeds
So = Soya Su = Sulphur Dioxide

Aspens



WEEK TWO

Cold
DELI.

World KITCHEN.

14th January - 29th March

Hot
DELI.

THIS WEEK'S MENU

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Main Meal

Jamaican Jerk Spiced Chicken, served with Sweet Potato Wedges (Su,G)

Rich and Creamy Lasagne served with Garlic Bread and Rocket Salad (G,Mk)

Slow Roasted Pork, with Apple Compote, Rich Gravy Classic Roasties, Peas and Carrots (G)

Chicken and Sweetcorn Pie, Roasted Mid Potatoes and Fine Green Beans (G,Mk)

Crispy Battered Fish Fillet, Chunky Chips, Peas and Homemade Tartare Sauce (G,E,Su)

Vegetarian

Bean and Chilli Burrito with Green Salad (G,Mk)

Spinach, Red Pepper and Feta Lasagne with Garlic Bread (G,Mk)

Leek and Courgette Cheese Crumble Wwth Classic Roasties (G,Mk)

Roasted Root Vegetable Pie with Roasted Mids Potatoes and Fine Green Beans (G,Mk)

Feta and Beetroot Burger with Celeriac Slaw (G,E,Se,Mk)

Dessert

Autumn Fruits Cheesecake (G,E,So,Mk)

Rich Chocolate Mousse with Lime Cream (Mk)

Chocolate and Vanilla Marble Cake (G,E)

Apple Turnovers with a Brown Sugar Glaze and Vanilla Ice Cream (G,E,Mk)

Steamed Jam Sponge and Custard (G,E,Mk)

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WEEK THREE

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World KITCHEN.

21st January - 5th April

Hot
DELI.

THIS WEEK'S MENU

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Main Meal

Slow Braised Chilli
Con Carne with
Spiced Rice and a
Toasted Tortilla
Wedge
(G)

Chinese Style
Belly of Pork with
Soy and Ginger
Noodles
(G,So,Su,E)

Glazed Turkey Breast
with Classic Roasties,
Braised Red
Cabbage and Peas

Chicken Korma
with Basmati Rice,
Naan Bread,
Poppadum's and
Sides
(G)

Crispy Battered
Fish Fillet, Chunky
Chips, Peas and
Homemade
Tartare Sauce
(G,F,Mu,Mk,E,So)

Vegetarian

Courgette, Pepper
and Bean Chilli with
Spiced Rice and a
Toasted Tortilla
Wedge
(G)

Vegetarian
Special Fried
Noodles
(G,So,Su,E)

Basil Infused Pasta
with Chestnut
Mushrooms and
Roasted Tomatoes
(G)

Sweet Potato
Dansak with
Basmati Rice, Naan
Bread,
Poppadum's and
Rice
(G)

Battered Quorn
Sausages with
Chunky Chips
(G,So,Su,E)

Dessert

Lemon
Drizzle Sponge
(G,E)

Oaty Apple
Crumble and
Ice Cream
(Mk,G)

Traditional Bread
and Butter Pudding
With Custard
(G,E,Mk)

Sticky Pineapple
Upside Down Cake
(G,Mk)

Chocolate Chip
Sponge with
Chantilly Cream
(G,E,Mk)

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