

WEEK ONE

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

10H meals

Aspens

**Traditional Beef
Lasagne**

Homemade
Garlic Bread

**Tasty Quorn &
Veggie Stir Fry**

Black Bean Sauce
& Noodles

**Warm Chocolate
Sponge Cake**

Rich Chocolate
Sauce

**Jamaican Jerk
Chicken**

Wholegrain
Rice

**Sweet Potato &
Chickpea Korma**

Scented
Rice

**Apple & Sultana
Tart**

Creamy
Custard

Roast Turkey

Crispy Roast Potatoes,
Stuffing, Seasonal
Vegetables

**Mexican Chilli &
Bean Burritos**

Seasonal
Greens

**Sticky Lemon
Sponge Cake**

Hot Lemon
Sauce

**Winter Beef &
Potato Pie**

Herby Diced
Potatoes

Loaded Skins

Packed Full of
Roasted Veggies

Mixed Fruit Crumble

Creamy
Custard

**Traditional
Fish & Chips**

Mushy Peas &
Tartare Sauce

**Leek & Potato
Bake**

Seasonal
Vegetables

**Spiced Orange
Upside Down
Pudding**

Creamy Custard

Check out our other counters
for the rest of our lunch range

We have a daily range of seasonal vegetables and
accompaniments available with every dish.

WEEK TWO

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1011 meals

Aspens

Italian Sausage Stew

Creamy Garlic & Rosemary Mash

Tasty Cajun Chicken Bake

Whole Wheat Pasta

Roast Gammon
Crispy Roast Potatoes, Seasonal Vegetables

Cottage Pie
Potato Rosti Topping

Traditional Fish & Chips
Mushy Peas & Tartare Sauce

Sweet & Sour Stir Fried Veggies

Soft Noodles

Vegetable Dansak Curry

Red Pepper Rice

Cheesy Bean Wrap
Potato & Thyme Salad

Yorkshire Pud
Loaded with Vegetable Chilli

Bombay Quorn Pitta Pocket
Fresh Crispy Salad Leaves

Pineapple Tart
Honey & Orange Cream

Sticky Toffee Apple Sponge
Creamy Custard

Forest Berry Cheesecake
Chantilly Cream

Winter Fruit Pudding
Creamy Custard

Golden Apple Crumble
Creamy Custard

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WEEK THREE

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

10H meals

Aspens

**Sweet & Sour
Chicken**
Crispy Vegetables &
Soft Noodles

**Lamb Keema
Curry**
Mushroom
Wholegrain Rice

Roast Beef
Yorkshire Pudding,
Crispy Roast Potatoes,
Seasonal Vegetables

Chicken & Leek Pie
Parsley Potatoes &
Seasonal Vegetables

**Jumbo Fish Cake &
Chips**
Mushy Peas &
Tartare Sauce

Macaroni Cheese
Homemade
Garlic Bread

**Saag Aloo
Vegetable Curry**
Mushroom
Rice

**Sweet Chilli &
Vegetable Wrap**
Bombay Potato
Salad

**Spicy Root
Vegetable & Lentil
Casserole**
Rustic Bread

**Cauliflower &
Broccoli Cheese
Bake**
Crispy Leaf Salad

**Banana Butterscotch
Pudding**
Creamy
Custard

**Apple & Cinnamon
Tart**
Creamy
Custard

**Berry Burst
Cheesecake**
Honey & Lemon
Cream

**Golden Apple
Brown Betty**
Creamy
Custard

**Winter Berry
Sponge**
Hot Lemon Sauce

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