

w/c 01/1

	By Aspens	<						
		MONDAY Family Faves	TUESDAY Authentic Italian	WEDNESDAY Backing British	THURSDAY Food Festival			
	Option 1	Beef Burger in a Bun Oven Baked Wedges Coleslaw	Ham & Pineapple Pizza Baked Beans	Roast Chicken & Stuffing Roasties and Fresh Vegetables Gravy	Chicken Tikka Masala Wholegrain Rice Spiced Roast Cauliflower			
	Option 2	Veggie Burger in a Bun Oven Baked Wedges Coleslaw	Veggie Delight Pizza Baked Beans	Quorn Roast Roasties and Fresh Vegetables Gravy	Sweet Potato & Chickpea Balti Wholegrain Rice Spiced Roast Cauliflower			
	Packed Lunch	<b>Pick and Mix Packed Lunch</b> Freshly filled sandwich or roll, healthy snack, home bake and pie						
	Jacket Potatoes		Crispy Skin Jacket Potato with Tast					
	The Finale	Peach Cobbler & Custard	Lemon Drizzle Cake	Chocolate Brownie	Apple & Cinnamon Strudel with Custard			
	Homemade Bread, Fresh Fruit, Yoghurt and Salad available ev							
11,	22/11, 13/12, 03	/01, 24/01,14/02	▲ Meat Veggie ◀	Jacket Potato – Pac	ked Lunch			



## FRIDAY Fun Day

## **Fish Fingers**

Salmon or Pollock Chips and Peas

## Cheesy Bean Wrap Chips and Peas

V

ece of fruit

Oat Cookie

very day

FOOD FESTIVAL By Aspens

By Aspens				
Option 1	MONDAY Family Faves Cottage Pie Carrots	TUESDAY Authentic Italian Chicken & Sweetcorn Pasta Bake Whole Grain Penne Garlic Slice Green Salad	WEDNESDAY Backing British Roast Gammon Roasties and Fresh Vegetables Gravy	THURSDAY Food Fostival Hot Dog Baked Paprika Wedges BBQ Beans
Option 2	Baked Bean & Veggie Sausage Cowboy Pie Carrots V	Veggie Bolognese Whole Grain Penne Garlic Slice Green Salad V	Cheese & Onion Puff Pastry Slice Roasties and Fresh Vegetables Gravy	<b>Quorn Dog</b> Baked Paprika Wedges BBQ Beans
Packed Lunch Jacket Potatoes	Freshly fi	illed sandwich or roll	and Mix Packed Lu , healthy snack, hor Icket Potato with Ta	me bake and pie
The Finale	Rhubarb Crumble & Custard	Marble Cake & Custard	Cornflake Tart	Jelly & Fruit
	Home	made Bread, Fresh I	Fruit, Yoghurt and Sc	alad available ev
Autumn / Winter w/c 08/11, 2	2021 9/11, 20/12, 10/01, 31/		Jacket Potato Packed	d Lunch





## **Fish Fingers**

Salmon or Pollock Chips and Mushy Peas

### **Quorn Dipper Pitta** Chips and Mushy Peas

V

ece of fruit \_

Fruity Flapjack

very day

FOOD STIV By Aspens					
	MONDAY Family Faves	TUESDAY Authentic Italian	WEDNESDAY Backing British	THURSDAY Food Festival	
Option 1	Bangers & Mash Green Beans Gravy	Beef Lasagne Garlic Slice Sweetcorn	Roast Chicken & Stuffing Roasties and Fresh Vegetables Gravy	BBQ Chicken Wholegrain Rice Broccoli	
Option 2	Veggie Bangers & Mash Green Beans Gravy	Veggie Lasagne Garlic Slice Sweetcorn	Quorn Roast Roasties and Fresh Vegetables Gravy	Crunchy Topped Macaroni Cheese Broccoli	
Packed Lunch	Pick and Mix Packed Lunch Freshly filled sandwich or roll, healthy snack, home bake and piece Crispy Skin Jacket Potato with Tasty Toppings				
Jacket Potatoes					
The Finale	Golden Syrup & Apple Sponge Pudding	Sticky Toffee Pudding & Custard	Chocolate Orange Rice Pudding	Apple Crumble with Custard	

Veggie

Meat

Homemade Bread, Fresh Fruit, Yoghurt and Salad available every day

Jacket Potato Packed Lunch

Autumn / Winter 2021

w/c 15/11, 06/12, 27/12, 17/01, 07/02

Pudding

# WEEK THREE

## FRIDAY Fun Day

### **Fish Fingers**

Salmon or Pollock Chips and Baked Beans

#### Vegan Sausage d Roll e Chips and Baked Beans

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ece of fruit

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## Ginger Cookie