

# Spring / Summer 2019



Choose our **packed lunch on Tuesday or Thursday** 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
Loaded Mac n Cheese and Garlic Focaccia ▲	Bangers and Mash ▲	Roast Beef and Gravy ▲	Chinese Chicken Noodles ▲	Fish Fingers and Chips
Cheese & Bean Wrap and Garlic Focaccia ▼	Vegan Quorn Bangers and Mash ▼	Cherry Tomato and Rocket Tart ▼	Sweet Potato Balti with Basmati Rice ▼	Quorn Brunch Muffin and Chips ▼
Italian Orange Cake	Banana Bread and Butter Pudding with Custard	Honey Picnic Flapjack	Berry Eton Mess	Cookie and Shake 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
Cheesy Mozzarella Pizza Fresh Tomato and Basil with Wedges ▲	Beef Bolognese with Spaghetti ▲	Lemon Roast Chicken with Sage and Onion Stuffing and Gravy ▲	All American Turkey Twist Burger in Wholemeal Bun ▲	Crispy Battered Fish and Chips
Wholemeal Penne Pasta Neapolitan ▼	Cheddar Cheese and Spinach Quiche with New Potatoes ▼	Quorn Roast with Stuffing and Gravy ▼	Chunky Chilli Tacos with Tangy Salsa ▼	Picnic Pitta with Minty Cucumber Salad and Chips ▼
Tiramisu Trifle Pot	Toffee Apple Tart and Custard	Ice Cream Tub	Mini Chocolate Brownie with Orange Wedge	Cookie and Shake 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
Firecracker Pizza with Herb Wedges ▲	Root Mash Topped Cottage Pie ▲	Roast Gammon with Sticky Pineapple ▲	Punjabi Butter Chicken with Rice ▲	Fish Fingers and chips
Broccoli and Salmon Pasta Bake ▼	Smokey Quorn Meatballs and Yellow Rice ▼	Super Green Veggie Lasagne ▼	Butternut Squash Risotto ▼	Cheese and Marmite Muffin with chips ▼
Apricot Biscotti Lemon Yoghurt	Butterscotch Tart	Magic Chocolate Pudding	Carrot and Pineapple Muffin	Cookie and Shake Lemon Cookie and Berry Milkshake

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



Served on Monday

A baked jacket potato with a choice of toppings

- ▲ Meat
- ▼ Veggie
- ▶ Jacket Potato
- Packed Lunch

Aspens