

WEEK ONE

MONDAY Authentic Italian

Cheese and Tomato Pasta Bake v

Wholewheat penne with the ultimate tomato sauce topped with cheese

Quorn Meatballs and Spaghetti v

Quorn meatballs in a tasty tomato sauce with wholewheat spaghetti

TUESDAY Family Faves

All Day Breakfast ▲

Grilled sausage, egg, beans, tomato and hash brown

Veggie All Day Breakfast v

Veggie sausage, egg, beans, tomato and hash brown

WEDNESDAY Baking British

Roast Chicken and Gravy with Mash ▲

Chicken fillets with mash, stuffing and gravy

Quorn Roast and Gravy with Mash v

Quorn roast with mash, sage and onion stuffing and gravy

THURSDAY Food Festival

Chicken Curry and Rice ▲

Marinated chicken thigh pieces in a buttery curry sauce with rice

Cauliflower and Lentil Jalfrezi and Rice v

Lightly spiced cauliflower and lentil curry with rice

FRIDAY Fun Day

Salmon Fish Fingers and Chips

MSC salmon fish fingers with chips and peas

Cheese and Bean Wrap and Chips v

Half a wholewheat wrap stuffed with baked beans and cheese

THEME DAYS

Trip to France

Italian Day Out

Try our Scottish Menu

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

Main Event

Vegetarian Section

Jacket Potatoes

Jacket Potato with Toppings ◆

Italian Crumble Cake

Crumble base filled with apples topped with even more crumble

Winter Sponge

Orange and cinnamon sponge with a twist!

Fruity Loaf

Mixed dried fruit cake with soft brown sugar and cinnamon

New York Cheesecake

Baked cheesecake with fruit topping

Lemon Cookie

Zesty lemon cookie with juicy fruit

The Finale

w/c 14th October, 4th November, 25th November, 16th December, 6th January, 27th January, 17th February

WEEK TWO

MONDAY Authentic Italian

Cheese and Tomato Pizza

Pizza topped with tomato sauce and cheese

Main Event

Tomato and Roasted Veggie Risotto

Roasted peppers, courgettes and tomatoes with edamame beans and rice

Vegetarian Section

Jacket Potatoes

Tiramisu

Soft cheese and cream layers with sponge and cocoa

The Finale

TUESDAY Family Faves

Beef Lasagne

Layers of pasta with minced beef and tomato sauce topped with cheese

Vegetable Lasagne

Layers of pasta with vegetables and tomato sauce topped with cheese

Winter Fruit Brulee

Dessert pot with berries, cream and yoghurt with a crunchy topping

WEDNESDAY Baking British

Sausage with Mash

Pork sausage with mash and gravy

Quorn Sausage with Mash

Quorn sausage with Mash and gravy

Apple and Berry Crumble

Baked apples and berries topped with an oaty crumble

THURSDAY Food Festival

Chicken Fajitas

Marinated chicken with sliced vegetables, rice and a wheat wrap

Quorn Fajitas

Marinated Quorn with sliced vegetables, rice and a wheat wrap

Mexican Chocolate Pudding

Chocolate and cinnamon flavoured sponge and sauce..

FRIDAY Fun Day

Golden Fish Fingers and Chips

MSC pollock fish fingers with chips

Sticky Onion and Cheddar Quiche and Chips

Wholemeal pastry with a caramelised onion and cheddar filling.

Ginger Cookie and Fruit Slices

Ginger Cookie with juicy fruit

THEME DAYS

Fairytale Festival

Chinese New Year

Pancake Day

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

Autumn/Winter
2019

FOOD FESTIVAL

By Aspens

w/c 21st October, 11th November, 2nd December, 23rd December, 13th January, 3rd February, 24th February

WEEK
THREE

MONDAY
Authentic
Italian

TUESDAY
Family
Faves

WEDNESDAY
Baking
British

THURSDAY
Food
Festival

FRIDAY
Fun
Day

**Macaroni
Cheese**

**Minced Beef
Pie**

**Roast Chicken
and Gravy with
Roast Potatoes**

**Hot Dog and
BBQ Beans**

**Golden Fish Fingers
and Chips**

Main
Event

Baked cheesy pasta
with a crunchy topping

Minced beef and
carrot pie with gravy
and mash

Chicken fillets with roast
potatoes, sage and
onion stuffing and
gravy

Hot Dog sausage in a
roll with BBQ flavoured
beans

MSC pollock
fish fingers with chips

**Quorn
Bolognese**

**Crispy Topped
Vegetarian Pie**

**Quorn Roast and
Gravy with Roast
Potatoes**

**Veggie Dog and
BBQ Beans**

**Cheese & Tomato
Pinwheel with Chips**

Vegetarian
Section

Quorn, vegetable and
tomato sauce with
wholewheat spaghetti

Crunchy vegetables in
sauce with sliced
potato topping

Quorn Roast with
Roast potatoes, sage
and onion stuffing
and gravy

Veggie sausage in a
roll with BBQ flavoured
beans

Baked bread base
with cheese and
tomato filling with
chips

Jacket Potatoes

Jacket Potato with Toppings

**Lemon Drizzle
Flapjack**

**Sticky Ginger
Cake**

**Fruity Rice
Pudding**

**Vanilla and
Blueberry Blondie**

**Oaty Energy
Cookie**

The Finale

Oaty flapjack topped
with a lemon drizzle

Traditional sticky ginger
sponge with custard.

Chilled rice pudding
with caramelised
pineapple

Chewy, fruity traybake
with vanilla and
blueberries

Oat Cookie with juicy
fruit

THEME
DAYS

Trip to
Wales

Best of
British

And lots
more ...

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