

Spring / Summer 2019

Choose our **daily packed lunch** 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
✓ Spring Veg Frittata 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 with Wedges <small>Fresh Tomato and Basil</small>	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 Daily

A baked jacket potato with a choice of toppings

- ▲ Meat
- ✓ Veggie
- ◆ Jacket Potato
- Packed Lunch

Aspens

Core