

FOOD FESTIVAL

BY Aspens

w/c 7th October, 28th October, 18th November, 9th December, 20th January, 10th February

WEEK ONE

MONDAY
Authentic
Italian

TUESDAY
Family
Faves

WEDNESDAY
Baking
British

THURSDAY
Food
Festival

FRIDAY
Fun
Day

**Cheese and Tomato
Pasta Bake** ✓

Wholewheat penne
with the ultimate
tomato sauce topped
with cheese

**All Day
Breakfast** ▲

Grilled sausage, egg,
beans, tomato and
hash brown

**Roast Chicken
and Gravy with
Mash** ▲

Chicken fillets with
mash, stuffing and
gravy

**Chicken Curry
and Rice** ▲

Marinated chicken
thigh pieces in a
buttery curry sauce
with rice

**Salmon Fish Fingers
and Chips**

MSC salmon
fish fingers with chips
and peas

**Quorn Meatballs
and Spaghetti** ✓

Quorn meatballs in a
tasty tomato sauce
with wholewheat
spaghetti

**Veggie All Day
Breakfast** ✓

Veggie sausage, egg,
beans, tomato and
hash brown

**Quorn Roast and
Gravy with Mash** ✓

Quorn roast with
mash, sage and onion
stuffing
and gravy

**Cauliflower and
Lentil Jalfrezi and
Rice** ✓

Lightly spiced
cauliflower and lentil
curry with rice

**Cheese and Bean
Wrap and Chips** ✓

Half a wholewheat
wrap stuffed with
baked beans and
cheese

**Vegetarian
Section**

**Packed
Lunch
Jacket
Potatoes**

**Pick and Mix Deli – Freshly Filled Sandwich or Roll,
Healthy Snack, Home Bake and Piece of Fruit** ■

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

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