

### MONDAY

#### Bangers & Mash

Chicken Sausage  
with mash, peas  
and onion gravy

### TUESDAY

#### Margherita Pizza

Cheesy tomato  
topped pizza with  
seasonal salad and  
garlic slice

### WEDNESDAY

#### Spicy Chicken Noodles

Stir fry Spicy  
noodles with  
marinated chicken

### THURSDAY

#### Chicken Curry

Marinated chicken  
thigh in a mild curry  
sauce with rice  
Cucumber raita  
and Kachumber

### FRIDAY

#### Fish & Chips

Salt & Vinegar  
battered fish fillet  
with chips and  
peas

**TRADITIONAL  
DISH**

#### Bangers & Mash

Quorn sausage with  
mash, peas and  
onion gravy

#### Pasta Napolitan bake

Wholemeal Penne,  
tomato sauce with  
seasonal salad and  
garlic slice

#### Noodle Bar

Sweet & Sour  
Quorn with  
Beggars Noodles

#### Sweet Potato Balti

Lightly spiced sweet  
potato, chickpea  
and lentil curry with  
rice, cucumber raita  
and Kachumber

#### Beet Burger

Beetroot & feta  
burger with  
mint yoghurt  
green salad and  
chips

**VEGGIE  
DISH**



**Hot DELI.**

Our Hot Deli Range includes fresh dough pizzas, pasta & noodle pots, filled jacket spuds & paninis hot chicken wraps, wings & dusted wedges. We rotate our range throughout the week.

**DELICIOUS  
DESSERTS**

Chocolate Chip  
Cookie

flapjack

Strawberry Jelly

Chocolate  
brownie

Shortbread Finger

### MONDAY

#### Halal Meatballs

Chicken meatballs in rich tomato sauce, served with shoestring spaghetti

### TUESDAY

#### Firecracker Pizza

Healthy pizza with a hint of chilli

### WEDNESDAY

#### Chicken pepperoni Quiche

Served with oven baked potatoes

### THURSDAY

#### Chicken Korma

Marinated chicken thigh pieces in coconut curry sauce with rice and sweetcorn

### FRIDAY

#### Fish & Chips

Battered fish fillet with chips and mushy peas

## TRADITIONAL DISH

#### Meat Free Meatballs

in rich tomato sauce, served with shoestring spaghetti

#### Pasta Bake

Wholemeal Pasta with fresh basil tomato sauce and cheese

#### Cheddar Quiche

Wholemeal pastry with cheese and onion filling served with oven baked potatoes

#### Cauliflower Jalfrezi

Lightly spiced cauliflower and lentil curry with rice and sweetcorn

#### Mushroom Burger

Charred halloumi and mushroom in a bun, chips and mushy peas

## VEGGIE DISH



## Hot DELI.

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## DELICIOUS DESSERTS

Iced Sponge

Fruit Salad Pot

Summer berry slice

Carrot cake

Chocolate Chip Flapjack

21st Sept, 12th Oct, 2nd Nov, 23rd Nov, 14th Dec

**World  
KITCHEN.**

## WEEK THREE

**Aspens**  


### MONDAY

#### Cottage Pie

Traditional mash topped minced beef served with green beans

### TUESDAY

#### Lasagne

Bolognese layered with pasta and cheese sauce with garlic slice and house salad

### WEDNESDAY

#### Spicy Chicken Baguette

Marinated chicken with melted mozzarella cheese

### THURSDAY

#### Chinese Chicken Curry

Marinated chicken thighs with curry sauce and rice

### FRIDAY

#### Fish & Chips

Tempura battered fish fillet, chips and mushy peas

**TRADITIONAL  
DISH**

#### Shepherdess Pie

Topped with sweet potato mash, green beans and gravy

#### Veg Lasagne

Roasted Vegetables layered with pasta topped with white sauce, garlic slice and house salad

#### Macaroni And Cheese

beautifully gooey and full-on cheesy

#### Beany Enchilada

Mild chilli bean, pepper and onion wrap with rice and sweetcorn

#### Vegan Sausage Puff

Quorn sausage wrapped in puff pastry with chips and peas

**VEGGIE  
DISH**



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**Hot DELI.**

**DELICIOUS  
DESSERTS**

**Chocolate  
Cookie**

**Chocolate  
Traybake**

**Fresh Fruit Salad Flapjack**

**Cheesecake Pot**