

Weekly Menu Selection



| W/C 3 rd January & 30 th January | Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|---|---|---|---|
| Hot Choice 1 | Meat Balls in a Tomato Sauce With Pasta | Roast Turkey served with New Potatoes | Jacket Potatoes | Roast Beef, Roast Potatoes & Gravy | Pork Sausage & Chips |
| Hot Choice 2 | Cheese and Onion Quiche | Macaroni Cheese | Coleslaw | Vegetarian Moussaka | Cauliflower and Broccoli Bake |
| Vegetables | Sweetcorn | Cabbage | Baked Beans | Roasted Vegetables | Garden Peas |
| | Broccoli Florets | Carrots | Sweetcorn | Cauliflower | Baked Beans |
| Dessert 1 | Rock Cakes | Jelly | Chocolate Sponge and Chocolate Sauce | Fruit Flapjack | Ice Cream |
| Dessert 2 | Yoghurt or Fresh Fruit | Yoghurt or Fresh Fruit | Yoghurt or Fresh Fruit | Yoghurt or Fresh Fruit | Yoghurt or Fresh Fruit |
| Packed Lunch Option 1 | Meatball Pasta Pot in a Tomato Sauce | Egg & Cheese Salad Pot | Turkey & Potato Salad Pot with Coleslaw | Ham, Turkey or Cheese Pasta Pot | Sausage Pasta Pot |
| | Cold Drink, Fruit & Cake | Cold Drink, Fruit & Cake | Cold Drink, Fruit & Cake | Cold Drink, Fruit & Cake | Cold Drink, Fruit & Cake |
| Packed Lunch Option 2 | Wrap, Healthy Snack, Cold Drink, Fruit & Cake | Baguette, Healthy Snack, Cold Drink, Fruit & Cake | Wrap, Healthy Snack, Cold Drink, Fruit & Cake | Baguette, Healthy Snack, Cold Drink, Fruit & Cake | Sandwich, Healthy Snack, Cold Drink, Fruit & Cake |
| | Cheese or Tuna | Cheese or Egg & Cress | Cheese or Roast Turkey | Cheese or Salmon | Cheese or Roast Beef |

Fresh fruit, yogurt, water and bread are available daily. For more information visit our website www.aspens-services.co.uk

Weekly Menu Selection



| W/C 9 th January & 6 th February | Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|---|---|--|---|
| Hot Choice 1 | Minced Beef Pasta Bolognaise | Roast Turkey with Potato Wedges | Pork Sausage in a Roll | Roast Pork with Baby Jacket Potatoes and Gravy | Salmon Fishcakes served with Chips |
| Hot Choice 2 | Mixed Bean and Pasta Bake | Sweetcorn & Pepper Quiche | Vegetarian Sausage in a Roll | Savoury Vegetable Pasta | Quorn Burger served with Mixed Salad |
| Vegetables | Mixed Vegetables | Garden Peas | Jacket Wedges | Cabbage | Garden Peas |
| | Green Beans | Carrots | Sweetcorn | Cauliflower | Baked Beans |
| Dessert 1 | Fruit Sponge and Custard | Cookies | Chocolate Fudge Cake | Cherry Shortbread | Cup Cakes |
| Dessert 2 | Yoghurt or Fresh Fruit | Yoghurt or Fresh Fruit | Yoghurt or Fresh Fruit | Yoghurt or Fresh Fruit | Yoghurt or Fresh Fruit |
| Packed Lunch Option 1 | Cheese & Tomato Pasta Pot | Tuna, Cucumber & Sweetcorn Salad Pot | Ham & Potato Salad Pot with coleslaw | Tomato & Sausage Pasta Pot | Salmon & Sweetcorn Pasta Pot |
| | Cold Drink, Fruit & Cake | Cold Drink, Fruit & Cake | Cold Drink, Fruit & Cake | Cold Drink, Fruit & Cake | Cold Drink, Fruit & Cake |
| Packed Lunch Option 2 | Wrap, Healthy Snack, Cold Drink, Fruit & Cake | Baguette, Healthy Snack, Cold Drink, Fruit & Cake | Sandwich, Healthy Snack, Cold Drink, Fruit & Cake | Wrap, Healthy Snack, Cold Drink, Fruit & Cake | Baguette, Healthy Snack, Cold Drink, Fruit & Cake |
| | Cheese or Tuna | Cheese or Egg & Cress | Cheese or Roast Turkey | Cheese or Salmon | Cheese or Ham |

Weekly Menu Selection



| W/C 16 th January | Monday | Tuesday | Wednesday | Thursday | Friday |
|---------------------------------|---|---|---|---|---|
| Hot Choice 1 | Cottage Pie | Roast Gammon Ham with New Potatoes | Beef Lasagne with a Crusty White Roll | Roast Turkey with Roast Potatoes and Gravy | Cod Fish Fingers & Chips |
| Hot Choice 2 | Vegetarian Savoury Pasta Mince | Potato & Broccoli Bake | Vegetable Lasagne with a Crusty White Roll | Cauliflower Cheese | Vegetarian Sausage |
| Vegetables | Green Beans | Roasted Vegetables | Sweetcorn | Cabbage | Baked Beans |
| | Carrots | Cabbage | Garden Peas | Cauliflower | Garden Peas |
| Dessert 1 | Oat Cookies | Jelly | Vanilla Sponge and Custard | Fruity Flapjack | Strawberry Mousse |
| Dessert 2 | Yoghurt or Fresh Fruit | Yoghurt or Fresh Fruit | Yoghurt or Fresh Fruit | Yoghurt or Fresh Fruit | Yoghurt or Fresh Fruit |
| Packed Lunch Option 1 | Tuna Pasta Pot | Egg & Cheese Salad Pot | Gammon & Potato Salad Pot | Salmon & Sweetcorn Pasta Pot | Ham & Potato Pasta Pot |
| | Cold Drink, Fruit & Cake | Cold Drink, Fruit & Cake | Cold Drink, Fruit & Cake | Cold Drink, Fruit & Cake | Cold Drink, Fruit & Cake |
| Packed Lunch Option 2 | Sandwich, Healthy Snack, Cold Drink, Fruit & Cake | Baguette, Healthy Snack, Cold Drink, Fruit & Cake | Wrap, Healthy Snack, Cold Drink, Fruit & Cake | Baguette, Healthy Snack, Cold Drink, Fruit & Cake | Wrap, Healthy Snack, Cold Drink, Fruit & Cake |
| | Cheese or Tuna | Cheese or Egg & Cress | Cheese or Ham | Cheese or Salmon | Cheese or Ham |

Weekly Menu Selection



| W/C 23 rd January | Monday | Tuesday | Wednesday | Thursday | Friday |
|---------------------------------|---|---|---|---|---|
| Hot Choice 1 | Sausage and Baked Bean Hotpot | Roast Pork with Apple Sauce, Roast Potatoes and Gravy | Pasta Bar | Roast Turkey with Mashed Potatoes and Gravy | Fish And Chips |
| Hot Choice 2 | Vegetable Pasta Bake | Macaroni Cheese | Tomato Sauce | Cheese and Potato Pie | Potato & Leek Pasta Bake |
| Vegetables | Mixed Vegetables | Garden Peas | Cheese | Cabbage | Baked Beans |
| | Broccoli | Carrots | sweetcorn | Cauliflower | Garden Peas |
| Dessert 1 | Mixed Fruit Crumble & Custard | Lemon Muffins | Jam Tart and Custard | Ice-Cream | Vanilla Shortbread |
| Dessert 2 | Yoghurt or Fresh Fruit | Yoghurt or Fresh Fruit | Yoghurt or Fresh Fruit | Yoghurt or Fresh Fruit | Yoghurt or Fresh Fruit |
| Packed Lunch Option 1 | Tuna Pasta Pot | Cheese & Coleslaw Salad Pot | Ham & Potato Salad Pot | Savoury Tomato Pasta Pot | Salmon, Cuc & Sweetcorn Pasta Pot |
| | Cold Drink, Fruit & Cake | Cold Drink, Fruit & Cake | Cold Drink, Fruit & Cake | Cold Drink, Fruit & Cake | Cold Drink, Fruit & Cake |
| Packed Lunch Option 2 | Wrap, Healthy Snack, Cold Drink, Fruit & Cake | Baguette, Healthy Snack, Cold Drink, Fruit & Cake | Sandwich, Healthy Snack, Cold Drink, Fruit & Cake | Wrap, Healthy Snack, Cold Drink, Fruit & Cake | Baguette, Healthy Snack, Cold Drink, Fruit & Cake |
| | Cheese or Tuna | Cheese or Egg & Cress | Cheese or Ham | Cheese or Salmon | Cheese or Turkey |