

# Menu

Aspens



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Chicken Nuggets and Mash with Gravy

Battered Fish and Chips

Roast Lamb with Gravy and Potatoes

Chicken Curry with Wholegrain Rice

**Pizza Day**

Choose from a range of toppings

Sweet Potato and Chickpea Curry with Wholegrain Rice

Macaroni Cheese with Herby Bread

Daal with Naan Bread

Homemade Vegetable Burger with Chips and Tomato Sauce

Served with Chips

*Seasonal Vegetables*

*Seasonal Vegetables*

*Seasonal Vegetables*

*Seasonal Vegetables*

*Seasonal Vegetables*

**A baked jacket potato with a choice of toppings is available daily**

Fruity Ice Cream Sundae

Fruit Tart with Vanilla Custard

Berry Cheesecake

Carrot Cake

Chocolate and Beetroot Brownie

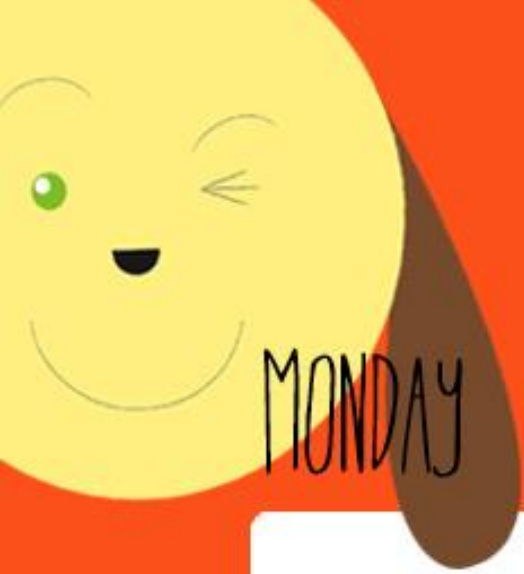
Bread, fresh fruit and natural or fruity yoghurts are available daily

**Or choose our daily packed lunch with a sandwich or roll with a range of fillings, healthy snack, home baked cake and piece of fruit**

Week Commencing - 2nd Jan, 23rd Jan, 13th Feb, 6th March, 27th March

Option 21





# Menu

Aspens

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Chicken Pasty with Wedges

Cod Fish Fingers and Chips

Roast Chicken Legs with Stuffing, Gravy and Potatoes

Meatballs with Wholemeal Pasta

**Pizza Day**

Choose from a range of toppings

Vegetable Pasty with Wedges

Cheesy Vegetable and Tomato Pasta Bake

Shepherdess Hotpot and Gravy

Sliced Toasted Cheese Baguette

Served with Chips

*Seasonal Vegetables*

*Seasonal Vegetables*

*Seasonal Vegetables*

*Seasonal Vegetables*

*Seasonal Vegetables*

**A baked jacket potato with a choice of toppings is available daily**

Chocolate Shortbread Biscuit with Fruit Slices

Toffee Apple Crumble and Custard

Chocolate Cake and Custard

Berry and Jelly Chill

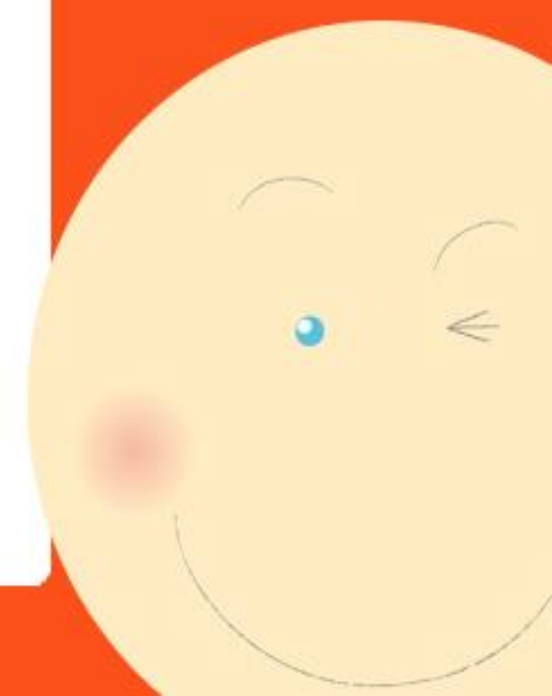
Chocolate Krispie

Bread, fresh fruit and natural or fruity yoghurts are available daily

**Or choose our daily packed lunch with a sandwich or roll with a range of fillings, healthy snack, home baked cake and piece of fruit**

Week Commencing - 9th Jan, 30th Jan, 20th Feb, 13th March, 3rd April

Option 21



# Menu

Aspens



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Chicken and Roasted Vegetable Pasta Bake

Cod Fish Fingers and Chips

Roast Chicken Legs, Potatoes and Garlic Bread

Sheesh Kebab and Naan Bread with Mint Sauce

## Pizza Day

Choose from a range of toppings

Quorn and Cheese Wrap

Roasted Vegetable, and Bean Chilli with Wholegrain Rice

Quorn Roast with Gravy and Potatoes

Veggie Bolognese with Wholemeal Pasta

Served with Chips

*Seasonal Vegetables*

*Seasonal Vegetables*

*Seasonal Vegetables*

*Seasonal Vegetables*

*Seasonal Vegetables*

**A baked jacket potato with a choice of toppings is available daily**

Strawberry Mousse

Fruit Crumble and Custard

Sponge Cake

Fruit Jelly with Ice Cream

Chocolate Crunch

Bread, fresh fruit and natural or fruity yoghurts are available daily

**Or choose our daily packed lunch with a sandwich or roll with a range of fillings, healthy snack, home baked cake and piece of fruit**

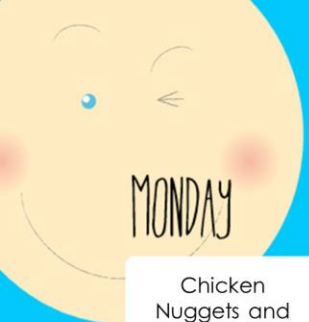
Week Commencing - 16th Jan, 6th Feb, 27th Feb, 20th March

Option 21



# Menu


## Aspens



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Chicken Nuggets and Mash with Gravy	Battered Fish and Chips	Roast Lamb with Gravy and Potatoes	Chicken Curry with Wholegrain Rice	<b>Pizza Day</b> Choose from a range of toppings
Sweet Potato and Chickpea Curry with Wholegrain Rice	Macaroni Cheese with Herby Bread	Daal with Naan Bread	Homemade Vegetable Burger with Chips and Tomato Sauce	Served with Chips
Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables
<b>A baked jacket potato with a choice of toppings is available daily</b>				
Fruity Ice Cream Sundae	Fruit Tart with Vanilla Custard	Berry Cheesecake	Carrot Cake	Chocolate and Beetroot Brownie
Bread, fresh fruit and natural or fruity yoghurts are available daily				
<b>Or choose our daily packed lunch with a sandwich or roll with a range of fillings, healthy snack, home baked cake and piece of fruit</b>				

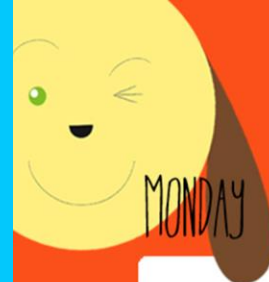
Week Commencing - 2nd Jan, 23rd Jan, 13th Feb, 6th March, 27th March

Option21



# Menu


## Aspens



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Chicken Pasty with Wedges	Cod Fish Fingers and Chips	Roast Chicken Legs with Stuffing, Gravy and Potatoes	Meatballs with Wholemeal Pasta	<b>Pizza Day</b> Choose from a range of toppings
Vegetable Pasty with Wedges	Cheesy Vegetable and Tomato Pasta Bake	Shepherdess Hotpot and Gravy	Sliced Toasted Cheese Baguette	Served with Chips
Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables
<b>A baked jacket potato with a choice of toppings is available daily</b>				
Chocolate Shortbread Biscuit with Fruit Slices	Toffee Apple Crumble and Custard	Chocolate Cake and Custard	Berry and Jelly Chill	Chocolate Krispie
Bread, fresh fruit and natural or fruity yoghurts are available daily				
<b>Or choose our daily packed lunch with a sandwich or roll with a range of fillings, healthy snack, home baked cake and piece of fruit</b>				

Week Commencing - 9th Jan, 30th Jan, 20th Feb, 13th March, 3rd April

Option21





# Menu

## Aspens

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Chicken and Roasted Vegetable Pasta Bake	Cod Fish Fingers and Chips	Roast Chicken Legs, Potatoes and Garlic Bread	Sheesh Kebab and Naan Bread with Mint Sauce	<b>Pizza Day</b> Choose from a range of toppings
Quorn and Cheese Wrap	Roasted Vegetable, and Bean Chilli with Wholegrain Rice	Quorn Roast with Gravy and Potatoes	Veggie Bolognese with Wholemeal Pasta	Served with Chips
Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables
<b>A baked jacket potato with a choice of toppings is available daily</b>				
Strawberry Mousse	Fruit Crumble and Custard	Sponge Cake	Fruit Jelly with Ice Cream	Chocolate Crunch
Bread, fresh fruit and natural or fruity yoghurts are available daily				
<b>Or choose our daily packed lunch with a sandwich or roll with a range of fillings, healthy snack, home baked cake and piece of fruit</b>				


Week Commencing - 16th Jan, 6th Feb, 27th Feb, 20th March

Option21

## Food Allergens

At Aspens, we cater for lots of children with allergies and special diets and we regularly check the information provided by our suppliers to see if there have been any ingredient changes. Please, continue to talk to us about any allergies your child has, so we can work together to provide meals that are safe for them to eat.



**Don't miss our themed menus.**  
Contact your School for more information

**Talk to us**  
Let us know what you think about the catering provided at your child's school. Contact the team on the number or email address below:

E [info@aspens-services.co.uk](mailto:info@aspens-services.co.uk) T 01905 759613

