

w/c 7th October, 28th October, 18th November, 9th December, 30th December, 20th January, 10th February

WEEK ONE

	MONDAY Authentic Italian	TUESDAY Family Faves	WEDNESDAY Baking British	THURSDAY Food Festival	FRIDAY Fun Day
Main Event	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
Vegetarian Section	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
Jacket Potatoes	Jacket Potato with Toppings				
The Finale	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

w/c 21st October, 11th November, 2nd December, 23rd December, 13th January, 3rd February, 24th February

WEEK THREE

	MONDAY Authentic Italian	TUESDAY Family Faves	WEDNESDAY Baking British	THURSDAY Food Festival	FRIDAY Fun Day
Main Event	Macaroni Cheese Baked cheesy pasta with a crunchy topping	Minced Beef Pie Minced beef and carrot pie with gravy and mash	Roast Chicken and Gravy with Roast Potatoes Chicken fillets with roast potatoes, sage and onion stuffing and gravy	Hot Dog and BBQ Beans Hot Dog sausage in a roll with BBQ flavoured beans	Golden Fish Fingers and Chips MSC pollock fish fingers with chips
Vegetarian Section	Quorn Bolognese Quorn, vegetable and tomato sauce with wholewheat spaghetti	Crispy Topped Vegetarian Pie Crunchy vegetables in sauce with sliced potato topping	Quorn Roast and Gravy with Roast Potatoes Quorn Roast with Roast potatoes, sage and onion stuffing and gravy	Veggie Dog and BBQ Beans Veggie sausage in a roll with BBQ flavoured beans	Cheese & Tomato Pinwheel with Chips Baked bread base with cheese and tomato filling with chips
Jacket Potatoes	Jacket Potato with Toppings				
The Finale	Lemon Drizzle Flapjack Oaty flapjack topped with a lemon drizzle	Sticky Ginger Cake Traditional sticky ginger sponge with custard.	Fruity Rice Pudding Chilled rice pudding with caramelised pineapple	Vanilla and Blueberry Blondie Chewy, fruity traybake with vanilla and blueberries	Oaty Energy Cookie Oat Cookie with juicy fruit

w/c 14th October, 4th November, 25th November, 16th December, 6th January, 27th January, 17th February

WEEK TWO

	MONDAY Authentic Italian	TUESDAY Family Faves	WEDNESDAY Baking British	THURSDAY Food Festival	FRIDAY Fun Day
Main Event	Cheese and Tomato Pizza Pizza topped with tomato sauce and cheese	Beef Lasagne Layers of pasta with minced beef and tomato sauce topped with cheese	Sausage with Mash Pork sausage with mash and gravy	Chicken Fajitas Marinated chicken with sliced vegetables, rice and a wheat wrap	Golden Fish Fingers and Chips MSC pollock fish fingers with chips
Vegetarian Section	Tomato and Roasted Veggie Risotto Roasted peppers, courgettes and tomatoes with edamame beans and rice	Vegetable Lasagne Layers of pasta with vegetables and tomato sauce topped with cheese	Quorn Sausage with Mash Quorn sausage with Mash and gravy	Quorn Fajitas Marinated Quorn with sliced vegetables, rice and a wheat wrap	Sticky Onion and Cheddar Quiche and Chips Wholemeal pastry with a caramelised onion and cheddar filling.
Jacket Potatoes	Jacket Potato with Toppings				
The Finale	Tiramisu Soft cheese and cream layers with sponge and cocoa	Winter Fruit Brulee Dessert pot with berries, cream and yoghurt with a crunchy topping	Apple and Berry Crumble Baked apples and berries topped with an oaty crumble	Mexican Chocolate Pudding Chocolate and cinnamon flavoured sponge and sauce..	Ginger Cookie and Fruit Slices Ginger Cookie with juicy fruit

FOOD FESTIVAL

By Aspens

Autumn/Winter 2019