

Spring/Summer
2019

FOOD FESTIVAL

By Aspens

w/c 25th Feb, 18th Mar, 8th Apr, 29th Apr, 20th May, 10th Jun, 1st Jul, 22nd Jul, 12th Aug, 2nd Sept, 23rd Sep

WEEK
ONE

THEME
DAYS

Road Trip
Wales

Road Trip
England

summer
Party

We offer seasonal
vegetables, bread,
yoghurt and
fruit daily.

(allergy information
is available)

Main
Event

Vegetarian
Section

Packed
Lunch

Jacket
Potatoes

The Finale

MONDAY Authentic Italian

Loaded Mac n Cheese and Garlic Focaccia

Cheesy pasta with a
herby breadcrumb
topping and loads
more ...

Spring Veg Frittata and Garlic Focaccia

Baked cheese and
chive egg frittata
packed with spring
vegetables



TUESDAY Family Faves

Bangers and Mash

Thick pork and beef
sausages with creamy
mashed potato and
gravy



Vegan Quorn Bangers and Mash

Quorn sausages with
creamy mashed
potato and gravy



WEDNESDAY Baking British

Roast Beef and Gravy with Roasties

Slow roasted beef with
crispy roasties and
gravy



Cherry Tomato & Rocket Tart

Pastry base filled with
chunks of butternut
squash, beetroot and
red onion topped with
cherry tomatoes and
rocket with a citrus
dressing



THURSDAY Food Festival

Chinese Chicken Noodles

Five spiced chicken
with sweet chilli egg
noodles



Sweet Potato Balti with Basmati Rice

Lightly spiced sweet
potato, chickpea and
lentil curry with rice



FRIDAY Fun Day

Golden Fish Fingers and Chips

MSC pollock
fish fingers with chips

Quorn Brunch Muffin

Quorn patty with
homemade tomato
sauce and cheese in
an English muffin with
chips



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

Crispy Skin Jacket Potato with Toppings



Italian Orange Cake

Zingy orange cake
made with polenta

Banana Bread & Butter Pudding with Custard

Layers of crusty bread,
sliced banana and
baked sweet egg
custard

Honey Picnic Flapjack

Home baked jumbo
oats, plump sultanas
and natural honey

Berry Eton Mess

Crushed meringue
and berry rippled
cream

Cookie & Shake

Oat Cookie &
Chocolate Milkshake



Spring/Summer
2019

FOOD FESTIVAL

By Aspens

w/c 4th Mar, 25th Mar, 15th Apr, 6th May, 27th May, 17th Jun, 8th Jul, 29th Jul, 19th Aug, 9th Sept, 30th Sept

WEEK
TWO

THEME
DAYS

Road Trip
Wales

Road Trip
England

summer
Party

We offer seasonal
vegetables, bread,
yoghurt and
fruit daily.

(allergy information
is available)

MONDAY Authentic Italian

Cheesy Mozzarella Pizza

Wholemeal rich pizza
base topped with fresh
tomatoes and basil
served with oven
baked potato wedges

Wholemeal Penne Pasta Neapolitan

Freshly cooked pasta
with chunky tomato
sauce

Tiramisu Trifle Pot

Soft cheese, cream,
layered with sponge
and chocolate

TUESDAY Family Faves

Beef Bolognese and Spaghetti

Lean minced beef with
garlic and traditional
tomato sauce with
spaghetti

Cheddar Cheese and Spinach Quiche with New Potatoes

Baked pastry case filled
with red onion, baby
spinach, tomatoes and
cheese with new
potatoes

Toffee Apple Tart and Custard

Baked pastry case filled
with apples topped
with cornflakes

WEDNESDAY Backing British

Lemon Roast Chicken and Roasties

Chicken fillets roasted
with lemon with crispy
roasties, sage and
onion stuffing and
gravy

Quorn Roast and Roasties

Quorn Roast with
crispy roasties, sage
and onion stuffing
and gravy

Ice Cream Tub

Vanilla ice cream with
fruity toppings

THURSDAY Food Festival

All American Turkey Twist Burger and Wedges

Lean minced turkey
patty with BBQ sauce
in a bun with lime
potato wedges

Chunky Chilli Tacos

Fajita spiced mixed
beans and peppers
with tangy salsa and
crispy taco shell

Mini Chocolate Brownie

Reduced sugar
chocolate brownie
served with a fresh
orange wedge

FRIDAY Fun Day

Crispy Battered Fish and Chips

MSC fillet of lightly
battered fish with
chips

Picnic Pitta

Fresh pitta pocket
stuffed with q
Quorn dippers and
minty cucumber salad
with chips

Cookie and Shake

Ginger Cookie and
Vanilla Honey Shake

Main
Event

Vegetarian
Section

Packed
Lunch

Jacket
Potatoes

The Finale

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

Crispy Skin Jacket Potato with Toppings

▲ Meat

▼ Veggie

◆ Jacket Potato

■ Packed Lunch

Spring/Summer
2019

FOOD FESTIVAL

By Aspens

w/c 11th Mar, 1st Apr, 22nd Apr, 13th May, 3rd Jun, 24th Jun, 15th Jul, 5th Aug, 26th Aug, 16th Sept

WEEK
THREE

THEME
DAYS

Road Trip
Wales

Road Trip
England

summer
Party

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

Main
Event

MONDAY
Authentic
Italian

**Broccoli and Salmon
Pasta Bake**
Flaked salmon and
fresh broccoli with
pasta baked in a
tomato and basil sauce

TUESDAY
Family
Faves

**Root Mash Topped
Cottage Pie**
Lean minced beef and
onion gravy topped
with carrot and swede
mash

WEDNESDAY
Baking
British

**Gammon and
Roasties**
Slow roasted gammon
with sticky pineapple
pieces and crispy
roasties

THURSDAY
Food
Festival

**Punjabi Butter
Chicken and Rice**
Marinated chicken
thigh pieces in a
buttery curry sauce
with rice

FRIDAY
Fun
Day

**Golden Fish Fingers
and Chips**
MSC Pollock
Fish Fingers with chips

Vegetarian
Section

**Firecracker
Pizza and Wedges**
Wholemeal rich pizza
base topped with chilli
spiced peppers served
with oven baked
potato herby wedges

**Smokey Quorn
Meatballs and Rice**
Garlic, lime and
coriander Quorn
meatballs with
turmeric yellow rice

**Super Green Veggie
Lasagne**
Spinach, courgette,
pea, mint and basil
layered with sheets of
lasagne and soft
cheese

**Butternut Squash
Risotto**
Roasted butternut
squash, rosemary,
mixed beans and
cooked with rice

**Cheese and Marmite
Muffin with Chips**
Savoury wholemeal
muffin with cheese,
cherry tomatoes and
marmite with chips

Packed
Lunch

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

Jacket
Potatoes

Crispy Skin Jacket Potato with Toppings

The Finale

**Apricot Biscotti
and Lemon Yoghurt**
Twice cooked Italian
style apricot biscuit with
lemon yoghurt

**Butterscotch
Tart**
Homemade
butterscotch sauce
in a baked pastry
case

**Magic Chocolate
Pudding**
Baked self-saucing
chocolate sponge
pudding

**Carrot and
Pineapple Muffin**
Carrot and pineapple
muffin spiced with
cinnamon

**Cookie
and Shake**
Lemon Cookie and
Berry Milkshake

Meat

Veggie

Jacket Potato

Packed Lunch