

*Gold*  
DELI.

*World*  
KITCHEN.

*Hot*  
DELI.



**THIS WEEK'S MENU**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>TOMATO PASTA BAKE</b> GARLIC BREAD	<b>VEGETARIAN LANCASHIRE HOTPOT</b>	<b>SPICY VEGETABLE &amp; BEAN QUESADILLA</b>	<b>SWEET POTATO &amp; CHICKPEA CURRY</b> WHOLEGRAIN RICE	<b>MAC &amp; CHEESE OPEN BURGER</b> WINTER SLAW
<b>CUMBERLAND SAUSAGE BUBBLE &amp; SQUEAK MASH</b> APPLE GRAVY	<b>SPAGHETTI BOLOGNESE</b> GARLIC BREAD	<b>ROAST TURKEY STUFFING</b> ROASTED ROOT VEGETABLES MASH & GRAVY	<b>PIRI PIRI CHICKEN THIGH</b> PORTUGUESE RICE	<b>BIG FISH SANDWICH</b> CHUNKY CHIPS
<b>PEAR &amp; APPLE CRUMBLE</b> CUSTARD	<b>SULTANA &amp; OAT COOKIE</b>	<b>TRADITIONAL APPLE PIE</b> CINNAMON CUSTARD	<b>CARROT MUFFIN</b>	<b>CHOCOLATE SHORTBREAD</b>

GRAB YOURSELF A

**COLD DRINK**

HEALTHY

**SANDWICHES & WRAPS**

ENJOY

**FRESH FRUIT**

TUCK INTO A

**DESSERT POT**

SERVED WITH SEASONAL VEGETABLES OR SALAD

**WEEK ONE**  
3rd Sept, 24th Sept, 15th Oct, 5th Nov, 26th Nov, 17th Dec

Option 1

**Aspens**



GET STUCK INTO

**HOT PRININIS**



FILLED

**JACKET POTATOES**

*Cold*  
DELI.

# *McCold* KITCHEN.

*Hot*  
DELI.



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

## THIS WEEK'S MENU

GRAB YOURSELF A  
**COLD  
DRINK**

HEALTHY  
**SANDWICHES  
& WRAPS**

ENJOY  
**FRESH  
FRUIT**

TUCK INTO A  
**DESSERT  
POT**

**BEAN &  
CHILLI  
BURRITO**  
FRESH SALAD

**CHEESE, LEEK  
& POTATO  
PIE**  
BAKED BEANS

**QUORN  
TOAD IN THE  
HOLE**  
GRAVY  
POTATOES

**VEGETABLE  
LASAGNE**

**CHICKPEA  
BURGER**  
WINTER SLAW

**STICKY  
CHICKEN**  
SAVOURY RICE

**CHILLI CON  
CARNIE**  
BAKED WEDGES

**ROAST  
CHICKEN**  
STUFFING  
GRAVY  
POTATOES

**QUICHE  
LORRAINE**  
FRESH SALAD

**HOMEMADE  
SALMON  
FISHCAKE**  
CHUNKY  
CHIPS

**STEAMED  
JAM  
SPONGE**

**WINTER FRUIT  
CHEESECAKE**

**ICED  
SPONGE**

**APPLE  
FLAPJACK**

**CHOCOLATE  
& BEETROOT  
BROWNIE**

Option 1

SERVED WITH SEASONAL  
VEGETABLES OR SALAD

WEEK TWO  
10th Sept, 1st Oct, 22nd Oct, 12th Nov, 3rd Dec

Aspens



GET STUCK INTO  
**HOT  
PANINIS**

STREET FOOD  
MARKET  
AT ASPENS



FILLED  
**JACKET  
POTATOES**

*Cold*  
DELI.

# Wold KITCHEN.

*Hot*  
DELI.

## THIS WEEK'S MENU



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

GRAB YOURSELF A  
**GOLD DRINK**

HEALTHY  
**SANDWICHES & WRAPS**

ENJOY

**FRESH FRUIT**

TUCK INTO A

**DESSERT POT**

**VEGGIE BOLOGNESE**  
WHOLEMEAL PASTA

**MUSHROOM STROGANOFF**  
WHOLEGRAIN RICE

**CRISPY TOPPED VEGETARIAN PIE**

**SWEET POTATO & BEAN CHILLI**  
WHOLEGRAIN RICE

**ALOO TIKKI SAMOSA BURGER**  
SALAD

**CHICKEN CURRY**  
WHOLEGRAIN RICE

**PORK SAUSAGE CASSEROLE**

**BEEF & VEGETABLE PIE**  
CREAMED POTATOES

**JAMAICAN JERK CHICKEN**  
CORN BREAD

**CRISPY BATTER FISH FILLET**  
CHUNKY CHIPS

**JAMAICAN GINGER CAKE**

**OATY APPLE CRUMBLE**  
CUSTARD

**PINEAPPLE UPSIDE DOWN CAKE**

**WINTER SPONGE**

**CHOCOLATE CRUNCH**

SERVED WITH SEASONAL VEGETABLES OR SALAD

WEEK THREE  
27<sup>th</sup> Aug, 17<sup>th</sup> Sept, 8<sup>th</sup> Oct, 29<sup>th</sup> Oct, 19<sup>th</sup> Nov, 10<sup>th</sup> Dec

Option 1

GET STUCK INTO

**HOT PANINIS**

**STREET FOOD MARKET**  
AT ASPENS



FILLED

**JACKET POTATOES**

**Aspens**