

WEEK 1

2/9, 23/9, 14/10, 4/11,
25/11, 16/12, 6/1, 27/1,
17/2, 10/3, 31/3

MEAT

MEAT FREE

MON

MEATBALL MARINARA,
GARLIC BREAD &
RAINBOW SALAD

ASPENS LOADED
MAC & CHEESE V

TUE

NASHVILLE BAKED CRISPY
CHICKEN BURGER &
RANCH SLAW

CAJUN SPICED BAKED
VEGGIE BURGER V

WED

ROAST PORK, STUFFING,
APPLE SAUCE BAGUETTE &
ROASTED CARROTS &
POTATOES

ROAST QUORN, STUFFING,
APPLE SAUCE BAGUETTE
& ROASTED CARROTS
& POTATOES V

THU

GARLIC CHILLI CHICKEN
CURRY & CARDAMOM
RICE POT

SWEET & SOUR
CHICKPEA VEGETABLE V
PATHIA CURRY

FRI

CHOOSE FROM:
BATTERED FISH,
SAUSAGE OR
CHICKEN NUGGETS
WITH CHIPS & BEANS

VEGETABLE SAUSAGES
WITH CHIPS & BEANS V

- DAILY PIZZA SELECTION -

DAILY
PIZZA SELECTION

DAILY
PIZZA SELECTION

DAILY
PIZZA SELECTION

DAILY
PIZZA SELECTION

- JACKET POTATOES -

GRAB & GO

CHEESE &
ONION PANINI

BEEF BURRITO

CHICKEN SHAWARMA
& GARLIC MAYO WRAP

FOLDED CHICKEN &
CHEESE NAAN

LOADED HOT DOG
WITH PICKLED ONION
& SAUERKRAUT

PASTA

BBQ CHICKEN
NOODLES

PASTA BOLOGNESE

CHINESE CHICKEN
NOODLES

MAC & CHEESE

SPICY TOMATO PASTA

WEEK 2

9/9, 30/9, 21/10, 11/11,
2/12, 23/12, 13/1, 3/2,
24/2, 17/3, 7/4

MEAT

MON

**CURRIED HOT DOG
RAINBOW SLAW**

TUE

**PULLED CHICKEN &
VEGETABLE TIKKA
PIE POT**

WED

**PORK SAUSAGE BAGUETTE,
FRIED GREENS & ONIONS
WITH ROAST POTATOES**

THU

**SMOKED CHILLI BEEF
& RICE POT WITH
SMASHED NACHOS**

FRI

CHOOSE FROM:
**BATTERED FISH,
SAUSAGE OR
CHICKEN NUGGETS
WITH CHIPS & BEANS**

MEAT FREE

**VEGGIE HOT DOG
RAINBOW SLAW** V

**CHANA MASALA
VEGETABLE PIE POT** V

**QUORN SAUSAGE BAGUETTE,
FRIED GREENS & ONIONS
WITH ROAST POTATOES** V

**VEGGIE BEAN CHILLI
& RICE POT WITH
SMASHED NACHOS** V

**VEGETABLE SAUSAGES
WITH CHIPS & BEANS** V

- DAILY PIZZA SELECTION -

DAILY
PIZZA SELECTION

DAILY
PIZZA SELECTION

DAILY
PIZZA SELECTION

DAILY
PIZZA SELECTION

- JACKET POTATOES -

GRAB & GO

**CHEESE &
ONION PANINI**

**BREADED
CHICKEN BURGER**

**CHICKEN SHAWARMA
& GARLIC MAYO WRAP**

**PEPPERONI & CHEESE
PANINI**

**PERI PERI CHICKEN WINGS,
GARLIC MAYO & SLAW**

PASTA

**BBQ CHICKEN
NOODLES**

PASTA BOLOGNESE

**CHINESE CHICKEN
NOODLES**

HAM & CHEESE PASTA

SPICY TOMATO PASTA

WEEK 3

16/9, 7/10, 28/10, 18/11,
9/12, 30/12, 20/1, 10/2,
3/3, 24/3

MON

TUE

WED

THU

FRI

MEAT

**TOMATO & SPICY SAUSAGE
PASTA BAKE**

**KUNG PAO PULLED PORK
BAP WITH RED
CABBAGE SLAW**

**CHICKEN & SWEETCORN
PUFF PASTRY
PIE POT**

**SMOKY ALBONDIGAS
MEATBALL POT
& TOMATO SALAD**

CHOOSE FROM:
**BATTERED FISH,
SAUSAGE OR
CHICKEN NUGGETS
WITH CHIPS & BEANS**

MEAT FREE

**PROVENCAL
VEGETABLE BAKE** V

**BIG BURRITO,
FRIED GARLIC BEANS WITH
RED CABBAGE SLAW** V

**SMOKY SWEET POTATO
& RED PEPPER PIE POT** V

**VEGETABLE & FALAFEL POT
WITH TOMATO SALAD** V

**VEGETABLE SAUSAGES
WITH CHIPS & BEANS** V

- DAILY PIZZA SELECTION -

DAILY
PIZZA SELECTION

DAILY
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DAILY
PIZZA SELECTION

DAILY
PIZZA SELECTION

- JACKET POTATOES -

GRAB & GO

**CHEESE &
ONION PANINI**

**BREADED
CHICKEN BURGER**

**SAVELOY BAGUETTE
WITH KETCHUP**

**PEPPERONI & CHEESE
PANINI**

**MINCED BEEF TACOS
WITH YOGHURT &
MINT DRESSING**

PASTA

**BBQ CHICKEN
NOODLES**

PASTA BOLOGNESE

**CHINESE CHICKEN
NOODLES**

HAM & CHEESE PASTA

SPICY TOMATO PASTA