

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Menu

Aspens

Sausage and Mash with Gravy

Pizza Day

Choose from a range of toppings

Sweet Potato and Chickpea Curry with Wholegrain Rice

Roast Pork with Apple Sauce, Potatoes

Cheese and Tomato Bake with Potatoes

Chicken in a White Sauce with Wholegrain Rice

Maccaroni Cheese with Herby Bread

Battered Fish and Chips

Homemade Vegetable Burger with Chilis and Tomato Sauce

Seasonal Vegetables

Seasonal Vegetables

Seasonal Vegetables

Seasonal Vegetables

Seasonal Vegetables

Fruity Ice Cream Sundae

Fruit Tart with Vanilla Custard

Berry Cheesecake

Carrot Cake

Chocolate and Beetroot Brownie

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

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

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

Option 2

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Menu

Aspens

All Day Breakfast

Pork or Quorn Sausage, Bacon, Hash Brown, Tomato and Baked Beans

Cottage Pie and Gravy

Cheesy Vegetable and Tomato Pasta Bake

Roast Chicken with Stuffing, Gravy and Potatoes

Shepherdess Hotpot and Gravy

Spaghetti Bolognese with Wholemeal Pasta

Cauliflower Cheese

Fish Fingers and Chips

Curried Vegetable Plait

Seasonal Vegetables

Seasonal Vegetables

Seasonal Vegetables

Seasonal Vegetables

Seasonal Vegetables

Chocolate Shortbread Biscuit with Fruit Slices

Toffee Apple Crumble and Custard

Iced Fruit Sponge

Berry and Jelly Chill

Chocolate Krispie

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

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

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

Option 2

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Menu

Aspens

Chicken and Roasted Vegetable Pasta Bake

Beef Burger in a Bun with Oven Baked Potato Wedges

Roast Common with Pineapple, Gravy and Potatoes

Minced Beef and Onion slice with Mash

Salmon Fish Fingers and Chips

Baked Bean and Cheese Wrap

Roasted Vegetable and Bean Chilli with Wholegrain Rice

Quorn Roast with Gravy and Potatoes

Veggie Bolognese with Wholemeal Pasta

Cheese and Tomato Pinwheel with Chips

Seasonal Vegetables

Seasonal Vegetables

Seasonal Vegetables

Seasonal Vegetables

Seasonal Vegetables

Strawberry Mousse

Fruit Crumble and Custard

Sultana and Oat Cookie

Fruit Jelly with Ice Cream

Chocolate Crunch

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

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

Week Commencing - 14th Jan, 6th Feb, 27th Feb, 20th March

Option 2

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 T 01905 759613