

**Cold
DELI.**

World KITCHEN.

**Hot
DELI.**

THIS WEEK'S MENU

Monday Tuesday Wednesday Thursday Friday Saturday Sunday

BREAKFAST	A selection of Cereals, Toast, Preserves, Fresh Fruit, and Fruit Juice Choice of three cooked items	English Breakfast CEREALS AND TOAST	English Breakfast, CEREALS AND TOAST
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MMB	See Separate Lunch Menu		
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LUNCH	See Separate Lunch Menu	SELECTOR MENU	SELECTOR MENU
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DINNER	Chilli Beef Enchilada, Mexican Rice Leaf Salad	Chicken & Leek Pie Carrots & New Potatoes	Toad in the Hole, Wedges & Baked Beans	Spaghetti Bolognese & Peas	Thai Green Chicken Curry with Rice.	SELECTOR MENU	SELECTOR MENU
	Cheese & Tomato Quiche	Loaded Macc and Cheese	Cajun Chicken Pasta Bake	Cauliflower Gratin Cheese, Leaf Salad	Vegetable Chow Mein with Noodles	SELECTOR MENU	ROAST DINER
	SALAD BAR						
	Jacket Potatoes, selection of fillings						
	DESSERTS						
Sprinkle Cake	Apple Pie	Chocolate Crunch	Carrot Cake	Ice Cream			



GRAB YOURSELF A

**COLD
DRINK**

HEALTHY

**SANDWICHES
& WRAPS**

ENJOY

**FRESH
FRUIT**

TUCK INTO A

**DESSERT
POT**



GET STUCK INTO

**HOT
PANINIS**

**STREET FOOD
MARKET**
AT ASPENS



FILLED

**JACKET
POTATOES**

WEEK ONE

Aspens
ASPENS AUTHENTIC ITALIAN

**Cold
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THIS WEEK'S MENU

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
BREAKFAST	A selection of Cereals, Toast, Preserves, Fresh Fruit and Fruit Juice Choice of three cooked items					English Breakfast, cereals and toast	English Breakfast cereals and toast,
MMB	See Separate Lunch Menu						
LUNCH	See Separate Lunch Menu					SELECTOR MENU	SELECTOR MENU
DINNER	Chicken & Vegetable Pie, Mash & Vegetables	Pork Chow Mein with Stir Fried Greens	Chilli Beef Nacho's with Leaf Salad	Assorted Pizza, Baked Beans & Wedges	Nasi Goreng, Indonesian Rice Stir Fry	SELECTOR MENU	SELECTOR MENU
	Roasted Butternut, Cream Cheese and Thyme Risotto	Vegetable Slice Baked Beans and Wedges	Herb Crusted Pasta Bake	Homemade Quiche, Leaf Salad	Spaghetti, Pepperanata Sauce & Garlic Bread	SELECTOR MENU	ROAST DINNER
	SALAD BAR						
	Jacket potatoes with selection of fillings						
	DESSERT						
	Orange Drizzle Cake	Fruity Flapjack	Fruit Cheesecake	Homemade Shortbread	Belgium Waffle		



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FILLED

**JACKET
POTATOES**

WEEK TWO

Aspens
Aspens Authentic Italian logo

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THIS WEEK'S MENU



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HEALTHY

**SANDWICHES
& WRAPS**

ENJOY

**FRESH
FRUIT**

TUCK INTO A

**DESSERT
POT**



GET STUCK INTO

**HOT
PANINIS**

**STREET FOOD
MARKET**
AT ASPENS



FILLED

**JACKET
POTATOES**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
BREAKFAST	A selection of Cereals, Toast, Preserves, Fresh Fruit, Fruit Juice Choice of three cooked items					English Breakfast, CEREALS AND TOAST	English Breakfast, CEREALS AND TOAST.
LUNCH	See Separate Lunch Menu						
LUNCH	See Separate Lunch Menu					SELECTOR MENU	SELECTOR MENU
DINNER	Minced Beef and Onion Pie, New Potatoes & Carrots	Chicken Goujons, Dusted Wedges, Peas and Corn	Sausage Roll, Beans & Chips	Hunter Chicken Creamed Potatoes & Green Beans	Pasta Carbonara, Corn Cobette	SELECTOR MENU	SELECTOR MENU
	Cheese and Chive Frittata with Salad	Sweet Chilli Pork Noodles	Cheese and Onion Slice	Broccoli & Cheese Quiche with Salad	Chicken Fajitas	SELECTOR MENU	ROAST DINER
	SALAD BAR						
	Jacket potatoes with a selection of fillings						
	DESSERTS						
	Fruit Shortbread	Chocolate Crispy	Lemon Drizzle Cake	Chocolate Mousse	Fruit Muffin		

WEEK THREE

Aspens