

Cold  
DELI.

# World KITCHEN.

Hot  
DELI.

## THIS WEEK'S MENU

Monday Tuesday Wednesday Thursday Friday Saturday Sunday

<b>BREAKFAST</b>	A selection of Cereals, Toast, Preserves, Fresh Fruit, and Fruit Juice Choice of three cooked items	Weekend Menu, CEREALS AND TOAST	Weekend Menu, CEREALS AND TOAST
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<b>MMB</b>	See Separate Lunch Menu		
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<b>LUNCH</b>	See Separate Lunch Menu	SELECTOR MENU	SELECTOR MENU
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<b>DINNER</b>	Beef Lasagne, Garlic Bread and Side Salad	Macc & Cheese with Bacon Or Macc & Cheese with Tomato (V) & Salad	Pepperoni Pizza, Garlic Bread and Corn Cobbetes	Chilli Con Carne Mexican Rice and Side Salad	Lemon & Garlic Chicken , Roasted New Potatoes and Carrots	SELECTOR MENU	SELECTOR MENU
	Cheese & Broccoli Quiche, Salad & Lyonnaise Potatoes	Salmon Fish Cake served with Mash & Beans	Vegetable and Quorn Fillet Chow Mein	Mushroom Wellington with Tomato Gravy	Sweet & Sour Quorn with Egg Fried Rice	SELECTOR MENU	ROAST DINER
	SALAD BAR						
	Jacket Potatoes, selection of fillings						
DESSERTS							
Iced Sprinkle Cake	Chocolate Crispy Squares	Apple Pie & Whipped Cream	Steamed Jam Sponge & Custard	Carrot Cake Muffins			



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

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<b>MMB</b>	See Separate Lunch Menu						
<b>LUNCH</b>	See Separate Lunch Menu					SELECTOR MENU	SELECTOR MENU
<b>DINNER</b>	Hawaiian Pizza Garlic Bread Side Salad	Sausage Roll Chips and Baked Beans	Chilli Beef Nacho's with Leaf Salad	Pork Meatball in Tomato Sauce With Penne Pasta	Piri Piri Chicken with Sauté Potatoes and Salad	SELECTOR MENU	SELECTOR MENU
	Veggie Mince lasagne	Tomato & Basil Pasta Bake served with Side Salad	Vegetable Slice, Garlic New Potatoes and Baked Beans	Butternut Balti served with Pilau Rice	Spaghetti, Pepperanata Sauce & Garlic Bread	SELECTOR MENU	ROAST DINNER
<b>SALAD BAR</b>							
Jacket potatoes with selection of fillings							
<b>DESSERT</b>							
	Orange Drizzle Cake	Fruity Flapjack	Sticky Toffee Pudding	Chocolate Brownie with Ice Cream	Berry Cheesecake		



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FILLED

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POTATOES**

WEEK TWO

**Aspens**  
Aspens Authentic Italian logo

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TUCK INTO A

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POTATOES**

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<b>BREAKFAST</b>	A selection of Cereals, Toast, Preserves, Fresh Fruit, Fruit Juice Choice of three cooked items					Weekend Menu, CEREALS AND TOAST	Weekend Menu, CEREALS AND TOAST
<b>LUNCH</b>	See Separate Lunch Menu						
<b>LUNCH</b>	See Separate Lunch Menu					SELECTOR MENU	SELECTOR MENU
<b>DINNER</b>	Chicken Goujons, Dusted Wedges Peas and Corn	Cottage Pie, Carrots and Green Cabbage	Chicken & Leek Pie, New Potatoes Green Vegetables	Sausage, Mash and Beans with Onion Gravy	Penne Pasta Carbonara & Side Salad	SELECTOR MENU	SELECTOR MENU
	Spanish Omelette with Side Salad	Mixed Cheese & Pepper Arancini, Tomato Sauce & Side Salad	Sweet Chilli Quorn and Vegetable Noodles	Cheese & Onion Slice with Roasted New Potatoes and Baked Beans	Sweet Potato Balti with Steamed Rice	SELECTOR MENU	ROAST DINER
	SALAD BAR						
	Jacket potatoes with a selection of fillings						
	DESSERTS						
	lemon Drizzle Cake	Cornflake Crispy Cake	Syrup Sponge & Custard	Apple Crumble and Cream	Banoffee Pie		

WEEK THREE

Aspens