

WEEK 1

21/04/25, 12/05/25, 02/06/25,  
23/06/25, 14/07/25, 04/08/25,  
25/08/25, 15/09/25, 06/10/25

### MAINS

### SIDES



**MON**

**Penne Bolognese Bake**  
with Creamy Garlic Topping

**Veggie Bolognese Bake** V  
with Creamy Garlic Topping

**Italian Tomato &  
Greens Salad** V



**TUE**

**Caribbean Brown  
Chicken Stew**

**Creamy Rasta Pasta** V

**Rice n Pea  
Callaloo** V



**WED**

**Lemon & Herb Roast  
Chicken, Stuffing**  
with Gravy

**Maple Butternut  
Puff Pastry Slice** V

**Skin On Garlic Roasties  
Red Cabbage & Carrots** V



**THU**

**Crispy Bang Bang  
Chinese Chicken**

**Chinese Style  
Vegetable Curry** V

**Soy & Garlic Noodles  
Stir Fried Asian Vegetable** V



**FRI**

Choose from:  
**Battered Fish**  
**Sausage or Veg Sausage**  
(battered or plain) V  
**Margherita Pizza** V  
**Chicken Nuggets**  
**Chips** V

**Minty Peas, Baked Beans,  
Gravy or Curry Sauce** V

- ITALIAN TOMATO PASTA DAILY - **PASTA & NOODLE POTS** - ITALIAN TOMATO PASTA DAILY -

GARLIC PULLED  
CHICKEN ALFREDO  
(PASTA)

CHINESE  
CHICKEN CURRY  
(NOODLES)

CLASSIC  
MEATBALL MARINARA  
(PASTA)

SWEET & SOUR VEG  
(NOODLES)

PROTEIN  
MAC & CHEESE

**DELI KITCHEN**  
HOT GRAB & GO

Peri Buttermilk  
Crunch Wings

BBQ  
Chicken Wrap

Chicken Tikka Masala  
Pizza Slice

Mexican Hot Chilli  
Bean Burrito

Crispy  
Chicken Burger

### BIG BOWL SALAD

CHICKEN TIKKA &  
MINT YOGHURT

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MINT YOGHURT

RAMEN INSPIRED NOODLE  
SALAD WITH EGG V

RAMEN INSPIRED NOODLE  
SALAD WITH EGG V

SALAD SPECIAL

### DESSERTS

Aspens  
Cookies

Sticky Toffee  
Pudding  
with Custard

Classic Iced  
Sprinkle Sponge

Brownie  
Trifle Pot

Jam Duffin  
(Muffin Doughnut)

Daily Meal Deals  
Regular  
Chef's Specials

DAILY  
- JACKET POTATOES -  
BEANS - CHEESE - TUNA MAYO  
OR SIMPLY PLAIN

Freshly Made from Scratch  
**DAILY!**

Fresh Cut Fruit  
& Yogurt Pots  
Available Daily

HANDCRAFTED DELI  
SANDWICHES, BAGUETTES,  
WRAPS, SALADS & MORE!



WEEK 2

28/04/25, 19/05/25, 09/06/25,  
30/06/25, 21/07/25, 11/08/25,  
01/09/25, 22/09/25, 13/10/25



**MON**

**Tex Mex Smoky Beef  
Enchilada with Sour Cream**

**Texan Smoky Bean  
Fajitas with Sour Cream** V

**Street Corn Salsa Salad  
Sweet Potato Home Fries**



**TUE**

**Korean Sticky Sesame  
Chicken Noodles**

**Veg Bibimbap Rice Bowl  
Topped with Fried Egg** V

**Stir Fried  
Asian Vegetables**



**WED**

**Lemon & Herb Roast  
Chicken, Stuffing  
with Gravy**

**Open Cheese & Potato Pie  
with Crispy Garlic &  
Onion Crumb** V

**Skin on Garlic Roasties  
Roasted Root Vegetables**



**THU**

**Chicken Korai  
Topped with Poppadom  
Crunch & Pomegranate**

**Curried Aloo Gobi** V

**Yellow Rice  
Coconut Green Beans**



**FRI**

Choose from:  
**BATTERED FISH  
SAUSAGE or VEG SAUSAGE**  
(battered or plain) V  
**Margherita Pizza** V  
**Chicken Nuggets  
Chips** V

**Minty Peas, Baked Beans,  
Gravy or Curry Sauce** V

**MAINS**

**SIDES**

- ITALIAN TOMATO PASTA DAILY - **PASTA & NOODLE POTS** - ITALIAN TOMATO PASTA DAILY -

BROCCOLI, SPINACH,  
PEA & PESTO  
(PASTA)

CHINESE CHICKEN  
CURRY  
(NOODLES)

CLASSIC HALAL  
CARBONARA  
(PASTA)

SWEET & SOUR VEG  
(NOODLES)

PROTEIN LEAN  
CHICKEN BOLOGNESE  
(PASTA)

**DELI KITCHEN**

HOT GRAB & GO

**Katsu Chicken  
Pizza Slice**

**Sweet Chilli Chicken &  
Edamame Burrito**

**Tikka Buttermilk  
Crunch Wings**

**Original  
Chicken Wrap**

**Crispy  
Chicken Burger**

**BIG BOWL  
SALAD**

CAJUN PASTA & ROASTED  
SUMMER VEGETABLE

CAJUN PASTA & ROASTED  
SUMMER VEGETABLE

JERK CHICKEN  
& PINEAPPLE

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& PINEAPPLE

SALAD SPECIAL

**DESSERTS**

**Aspens  
Cookies**

**Treacle Sponge  
& Custard**

**Brookie  
(Brownie Cookie Mix)**

**Apple Crumble  
& Custard**

**Marble  
Cake**

**Daily Meal Deals  
Regular  
Chef's Specials**

DAILY  
**- JACKET POTATOES -**  
BEANS - CHEESE - TUNA MAYO  
OR SIMPLY PLAIN

Freshly Made from Scratch  
**DAILY!**

**Fresh Cut Fruit  
& Yogurt Pots**  
Available Daily

HANDCRAFTED DELI  
SANDWICHES, BAGUETTES,  
WRAPS, SALADS & MORE!



WEEK 3

05/05/25, 26/05/25, 16/06/25,  
07/07/25, 28/07/25, 18/08/25,  
08/09/25, 29/09/25, 20/10/25



**MON**

### MAINS

**Cheeseburger Inspired Pasta Bake**  
(Mince Beef, Pickles & Special Sauce)

**Cheesy Garlic Mushroom & Leek Mac and Cheese** V

### SIDES

Garlic Greens



**TUE**

**Chicken Stifado**  
with Greek Pilaf Rice

**Gigantes (Bean Stew)** V  
Greek Pilaf & Crusty Bread

Greek Salad



**WED**

**Lemon Garlic Chicken Bake**  
with Sage & Onion Crumb

**Honey & Thyme Glazed Veggie Bangers** V

Skin on Garlic Roasties  
Roasted Summer Vegetables



**THU**

**Portuguese Peri Pulled Chicken**  
in Spiced Tomato Sauce

**Portuguese Smokey Bean Empanadas** V

Arroz de Tomate  
Crunchy Summer Salad



**FRI**

Choose from:  
**BATTERED FISH SAUSAGE** or **VEG SAUSAGE**  
(battered or plain) V  
**Margherita Pizza** V  
**Chicken Nuggets**  
**Chips** V

Minty Peas, Baked Beans,  
Gravy or Curry Sauce V

- ITALIAN TOMATO PASTA DAILY - **PASTA & NOODLE POTS** - ITALIAN TOMATO PASTA DAILY -

BEST EVER BOLOGNESE (PASTA)

CHINESE CHICKEN CURRY (NOODLE)

CLASSIC MEATBALL MARINARA (PASTA)

SWEET & SOUR VEG (NOODLE)

PROTEIN LENTIL RAGU (PASTA)

### DELI KITCHEN

HOT GRAB & GO

Chicken Biryani Burrito

Mac Cheese Pizza Slice

Chimichurri Buttermilk Crunch Wings

Garlic & Herb Chicken Wrap

Crispy Chicken Burger

### BIG BOWL SALAD

RANCH & EGG COBB SALAD

RANCH & EGG COBB SALAD

MEXICAN TORTILLA CRUNCH BOWL

MEXICAN TORTILLA CRUNCH BOWL

SALAD SPECIAL

### DESSERTS

Aspens Cookies

Palmier Biscuit

Chocolate Popcorn Bars

Cinnamon Apple Strudel

Chocolate Oat Slice

Daily Meal Deals  
Regular  
Chef's Specials

DAILY  
- JACKET POTATOES -  
BEANS - CHEESE - TUNA MAYO  
OR SIMPLY PLAIN

Freshly Made from Scratch  
**DAILY!**

Fresh Cut Fruit  
& Yogurt Pots  
Available Daily

HANDCRAFTED DELI  
SANDWICHES, BAGUETTES,  
WRAPS, SALADS & MORE!