

# £2.75 MEAL DEALS

Aspens  


MEAL DEAL **1**

Sandwich or Pasta Pot

Homebake or piece of fruit

Source Drinks

3 ITEMS £2.75

SOURCE

SIMPLE



MEAL DEAL **2**

Sandwich or Pasta Pot

Homebake or piece of fruit

Source Drinks

3 ITEMS £2.75

SOURCE

SIMPLE



MEAL DEAL **3**

Daily Special Hot Meal of the Day

Homebake or piece of fruit

Source Drinks

2 ITEMS £2.75

SOURCE

PREMIUM



MEAL DEAL **4**

Hot Deli Dish of the Day

Homebake or piece of fruit

Source Drinks

2 ITEMS £2.75

SOURCE

PREMIUM



Aspens  


<b>Breakfast</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Option 1</b>	Buttered Toast £0.40	Buttered Toast £0.40	Buttered Toast £0.40	Buttered Toast £0.40	Buttered Toast £0.40
<b>Option 2</b>	Pain au Choc £1.30	Croissant £1.50	Pain au Choc £1.30	Croissant £1.50	Pain au Choc £1.30
<b>Option 3</b>	Hash Brown £0.65	Hash Brown £0.65	Hash Brown £0.65	Hash Brown £0.65	Hash Brown £0.65
<b>Option 4</b>	Brunch Bean Pot £2.10	Sausage Breakfast Wrap £2.60	Single Sausage Bap £1.55	Breakfast Sausage Muffin £2.60	Sausage Breakfast Wrap £2.60
<b>Other items</b>	Fruits pots, Yoghurt Pots, Fresh Fruit £1.00. Free Porridge	Fruits pots, Yoghurt Pots, Fresh Fruit £1.00. Free Porridge	Fruits pots, Yoghurt Pots, Fresh Fruit £1.00. Free Porridge	Fruits pots, Yoghurt Pots, Fresh Fruit £1.00. Free Porridge	Fruits pots, Yoghurt Pots, Fresh Fruit £1.00. Free Porridge



MMB (1st Break)	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Value 1</b>	Popcorn £0.30	Cheesy Garlic Slice £0.70	Double Cajun Potato Wedge £0.50	Cheesy Garlic Slice £0.70	Popcorn £0.30
<b>Value 2</b>	Waffle £1.00  French Bread Pizza £0.80	Hash Brown £0.65  Pizza Bagel £1.10	Syrup Pancake £0.85  Cheese & Tomato Twist £0.75	Hash Browns £0.65  Pizza Bagel £1.10	Waffle £1.00  French Bread Pizza £0.80
<b>Snack</b>	Chicken Nuggets (x3) £1.20	2x BBQ Chicken Wings £1.50	Single Sausage Bap £1.55	2x Tikka Chicken Wings £1.50	Single Sausage Bap £1.55
<b>Hot Item</b>	Battered Chicken Burger £2.20	Sausage Breakfast Wrap £2.60	Piri Chicken Thigh Burger £2.50	Breakfast Sausage Muffin £2.60	Sausage Breakfast Wrap £2.60
<b>Authentic Italian 1</b>	Margherita Pizza £1.20	Margherita Pizza £1.20	Margherita Pizza £1.20	Margherita Pizza £1.20	Margherita Pizza £1.20
<b>Authentic Italian 2</b>	Pasta & Sauce £1.95	Pasta & Sauce £1.95	Pasta & Sauce £1.95	Pasta & Sauce £1.95	Pasta & Sauce £1.95

Hot Deli (2nd Break)	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Concept 1</b>	Theos Cajun Wrap £2.20	American Mustard and Crispy Onion Hot Dog £2.30	Theos Mediterranean Wrap £2.20	Tikka Naan £2.80	Battered Chicken Burger £2.20
<b>Authentic Italian 1</b>	Margherita Pizza £1.20 Ham & Mushroom Pizza £1.40	Margherita Pizza £1.20 Meatball Pizza £1.40	Margherita Pizza £1.20 Chicken Sizzler Pizza 1.40	Margherita Pizza £1.20 Pepperoni Pizza £1.40	Margherita Pizza £1.20
<b>Authentic Italian 2</b>	Pasta & Sauce £2.20	Pasta & Sauce £2.20	Pasta & Sauce £2.20	Pasta & Sauce £2.20	Pasta & Sauce £2.20
<b>Hot item</b>	Battered Chicken Burger £2.20	BBQ Chicken Wings £1.50	Piri Chicken Thigh Burger £2.50	Tikka Chicken Wings £1.50	Chicken Nugget (x3) £1.20
<b>Hot Deli Sides</b>	Dusted Wedges, Cheesy Garlic Slice etc				
<b>Available Daily</b>	Jacket Potatoes - various topping & Paninis				
<b>Main</b>	Daily Main Meal Options				



# Home Bakes

Monday

Tuesday

Wednesday

Thursday

Friday

1

Funfetti  
Cookie  
£1.00

Milk Choc  
Cookie  
£1.00

Choc Sprinkle  
Cookie  
£1.00

White Choc  
Cookie  
£1.00

Black & White  
Shortbread  
Cookie  
£1.00

2

Flapjack  
£1.00

Shortbread  
£1.00

Vegan Jammy  
Crumble Bar  
£1.00

Chocolate  
Shortbread  
£1.00

Flapjack  
£1.00

3

Chocolate  
Brownie  
£1.00

Marble Cake  
£1.00

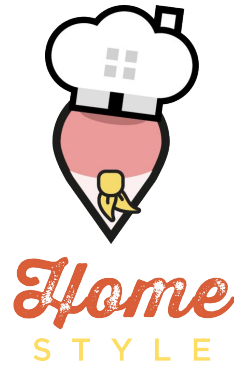
Vegan Sprinkle  
Sponge  
£1.00

Lemon Drizzle  
Traycake  
£1.00

Vegan  
Chocolate  
Brownie  
£1.00



# STREATERIES



STREET

**Curried Coconut  
Chilli Chicken**  
Wholegrain  
Rice n Peas

**Homemade  
Spicy Falafel  
Flatbread**

**Glazed  
Gammon Roast**  
Yorkshire Pudding,  
Roast Potato & Gravy

**Low Salt & Chilli  
Chicken**  
Firecracker Rice

**Choose from:**  
Battered Fish  
Sausage  
Margherita Pizza  
Chicken Nuggets  
Chips & Gravy  
or Curry Sauce

VEGGIE

**Jamaican Black Eyed  
Peas Stew**  
Wholegrain  
Rice n Peas

**Plant Based Creamy  
Green Pea & Spinach  
Pasta**

**Root Vegetable  
& Bean Stew**  
Roast Spuds

**Japanese Yakisoba**  
(Japanese Stir Fried  
Noodles)

**Choose from:**  
Margherita Pizza  
Veggie Sausage  
Chips, Gravy or Curry  
Sauce

SIDES

Lime Dressed  
Slaw

Mixed  
Salad

Roast Carrots  
& Parsnip

Sweet Chilli Sticky  
Greens

Minty Peas or  
Baked Beans

WEEK 1

# STREATERIES

Aspens 



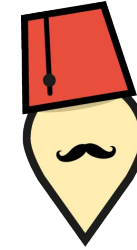
**INCREDIBLE**  
INDIA



AMERICAN  
*Diner*



*Home*  
STYLE



• **MEZZE** •  
MIX IT UP!



*Chips &  
more*

STREET

**Spicy Chicken  
Dhansak**

**Tex Mex Burrito Bar**  
Chipotle Chicken or  
Spicy Beef

**Sticky Red Onion  
Sausages**  
Roast Spuds  
& Gravy

**Meatballs**  
in Baharat Tomato  
Sauce

**Choose from:**  
Battered Fish  
Sausage  
Margherita Pizza  
Chicken Nuggets  
Chips & Gravy  
or Curry Sauce

VEGGIE

**Indian Street  
Food**  
Vada Pav Bhaji

**Crispy Topped  
Mac n Cheese**  
BBQ Drizzle & Crispy  
Onion

**Veggie Bangers**  
Cheesy Chive Mash

**Cumin Chickpea &  
Vegetable Bake**  
in Baharat Tomato  
Sauce

**Choose from:**  
Margherita Pizza  
Veggie Sausage  
Chips, Gravy or Curry  
Sauce

SIDES

Wholegrain Rice &  
Kachumber Salad

Chunky Tomato Salsa  
Mexican Slaw

Carrots & Peas

Moorish Cous Cous  
& Green Salad

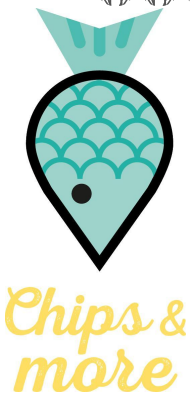
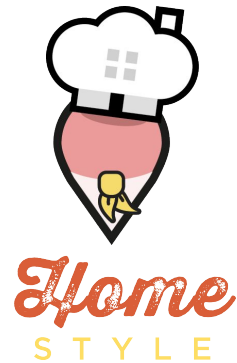
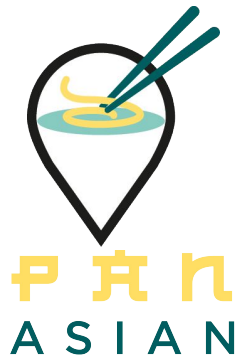
Minty Peas or  
Baked Beans

WEEK 2

11/9, 2/10, 23/10, 13/11, 4/12, 25/12, 15/1, 5/2

# STREATERIES

Aspens 



WEEK 3

STREET

**NY Deli Open  
Chicken Bagel**  
American  
Mustard Slaw

**Laab Moo**  
(Spicy Thai Pork)  
Lime  
Wholegrain Rice

**Creamy Chicken  
& Leek Pie**  
Roasties & Gravy

**Chicken Ruby  
Murray**  
Yellow Rice

**Choose from:**  
Battered Fish  
Sausage  
Margherita Pizza  
Chicken Nuggets  
Chips & Gravy  
or Curry Sauce

VEGGIE

**Tex Mex Chipotle  
Sweet Potato  
& Lime Taco**

**Veggie Thai Style  
Noodles**

**Lentil & Onion Pie**  
Roasties & Gravy

**Chana Masala**  
Yellow Rice

**Choose from:**  
Margherita Pizza  
Veggie Sausage  
Chips, Gravy or Curry  
Sauce

SIDES

Hand Cut Wedges &  
Mustard Slaw

Wok Fried Oriental  
Veggies

Seasonal Mixed  
Vegetables

Kachumber Salad

Minty Peas or Baked  
Beans