

Mid Morning Break - Week 1

WEEK 1	Monday	Tuesday	Wednesday	Thursday	Friday
Budget	Hash Brown £0.65	Cocoa Cinnamon Swirl 85p	Cheesy Garlic Bread 70p	Classic Cinnamon Swirl 85p	Hash Brown £0.65
Pizza	Cheese & Tomato Pizza £1.20	Cheese & Tomato Pizza £1.20	Cheese & Tomato Pizza £1.20	Cheese & Tomato Pizza £1.20	Cheese & Tomato Pizza £1.20
Street 1	Chilli Cheese Naan £1.50	Chicken Thigh Burger £2.50	Spanish Rice Pot £1.50	Loaded BBQ Wedge with Spring Onion £1.50	Mexican Bean Nachos £1.20
Street 2	Homemade Sausage Roll £1.50	Homemade Waffle £1.20	Breakfast Sausage Wrap £2.10	Homemade Waffle £1.20	Homemade Sausage Roll £1.50
Daily	Fruit Pots Yoghurt Pots Breakfast Homebake	Fruit Pots Yoghurt Pots Breakfast Homebake	Fruit Pots Yoghurt Pots Breakfast Homebake	Fruit Pots Yoghurt Pots Breakfast Homebake	Fruit Pots Yoghurt Pots Breakfast Homebake



Mid Morning Break - Week 2

WEEK 2	Monday	Tuesday	Wednesday	Thursday	Friday
Budget	Hash Brown 65p	Lemon Cinnamon Swirl 85p	Cheesy Garlic Bread 70p	Classic Cinnamon Swirl 85p	Hash Brown 65p
Pizza	Cheese & Tomato Pizza £1.20	Cheese & Tomato Pizza £1.20	Cheese & Tomato Pizza £1.20	Cheese & Tomato Pizza £1.20	Cheese & Tomato Pizza £1.20
Street 1	Boston Bean Hash £2.10	Chicken Thigh Burger £2.50	Italian Rice Pot £1.50	Topped Pepperoni Focaccia £1.20	Mexican Bean Nachos £1.20
Street 2	Homemade Sausage Roll £1.50	Homemade Waffle £1.20	Breakfast Wrap Sausage £1.50	Homemade Waffle £1.20	Homemade Sausage Roll £1.50
Daily	Fruit Pots Yoghurt Pots Breakfast Homebake	Fruit Pots Yoghurt Pots Breakfast Homebake	Fruit Pots Yoghurt Pots Breakfast Homebake	Fruit Pots Yoghurt Pots Breakfast Homebake	Fruit Pots Yoghurt Pots Breakfast Homebake



STREATERIES LUNCH MENU



WEEK 1

2/9, 23/9, 14/10, 4/11,
25/11, 16/12, 6/1, 27/1



MON

MAINS

MEATBALL MARINARA PASTA BAKE
topped with Cheesy Garlic Crumbs

ASPENS LOADED MAC & CHEESE
with Spring Onion, Pepper & Garlic

SIDES

CRUNCHY RAINBOW SALAD



TUE

NASHVILLE BAKED CRISPY CHICKEN BURGER
with Ranch Slaw

CAJUN SPICED BAKED VEGGIE BURGER
with Ranch Slaw

CRISPY BAKED HOME FRIES



WED

ROAST PORK, STUFFING & APPLE SAUCE
with Gravy

Either as a classic roast dinner or loaded into a ½ baguette
ROASTED ROOTS FILO STRUDEL

SKIN ON ROASTIES CARROTS & BROCCOLI



THU

GARLIC CHILLI CHICKEN CURRY

SWEET & SOUR CHICKPEA VEGETABLE PATHIA CURRY

CARDAMOM RICE & GREEN BEANS



FRI

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

MINTY PEAS, BAKED BEANS, GRAVY OR CURRY SAUCE

- PASTA & NOODLE POTS -

CARBONARA PASTA

VEGGIE THAI STYLE NOODLE POT

BOLOGNESE PASTA

CHINESE CHICKEN CHOW MEIN NOODLES

CARBONARA PASTA

ITALIAN TOMATO PASTA - DAILY

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

BIG BOWL SALAD

CHICKEN CAESAR SALAD

FALAFEL & POMEGRANATE COUSCOUS SALAD

QUINOA & FETA SUPERFOOD SALAD

HARISSA ROASTED CAULIFLOWER, CHICKPEA & SPINACH SALAD

TIKKA CHICKEN & MINT YOGURT SALAD

DESSERTS

WARM LEMON DRIZZLE SPONGE
with Custard

BLACK & WHITE SHORTBREAD COOKIE

STICKY TOFFEE PUDDING
with Toffee Sauce

FLAPJACK

STRAWBERRY TRIFLE POT

Daily Meal Deals
Regular
Chef's Specials

Freshly Made from Scratch
DAILY!

Fresh Cut Fruit
& Yogurt Pots
Available Daily

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

DELI KITCHEN
HOT GRAB & GO

STREATERIES LUNCH MENU



WEEK 2
9/9, 30/9, 21/10, 11/11,
2/12, 23/12, 13/1, 3/2



MON

CURRYWURST

in a crusty baguette

**CAULIFLOWER
SCHNITZEL** V

**POTATO SALAD
BRAISED CABBAGE**



TUE

**PULLED CHICKEN
TIKKA PIE**

**CHANA MASALA
STUFFED PIE** V

**CRISPY BOMBAY POTATOES,
CUMIN ROAST CARROTS &
PARSNIPS**



WED

**BRITISH PORK SAUSAGE
TOAD IN THE HOLE**
with Onion Gravy

**QUORN SAUSAGE
TOAD IN THE HOLE** V
with Onion Gravy

**SKIN ON GARLIC ROASTIES
GREEN BEANS**



THU

**SMOKED CHILLI BEEF
OVER RICE**
with Smashed Nachos, Spring Onion
& Sour Cream

**VEGGIE BEAN CHILLI
LOADED NACHOS** V
with Spring Onion & Sour Cream

**SMOKY
CORN**



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

- PASTA & NOODLE POTS -

CARBONARA PASTA

VEGGIE THAI STYLE
NOODLE POT V

BOLOGNESE PASTA

CHINESE CHICKEN
CHOW MEIN NOODLES

CARBONARA PASTA

ITALIAN TOMATO PASTA - DAILY V

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

**BIG BOWL
SALAD**

CLASSIC NICOISE
WITH EGG

BRIGHT & LIGHT CHICKEN
PASTA SALAD

SUPERFOOD
GREEN SALAD

ASIAN CUCUMBER,
EDAMAME & NOODLE SALAD

JERK CHICKEN &
PINEAPPLE SALAD

DESSERTS

APPLE CRUMBLE
with Custard

SHORTBREAD

NEW YORK VANILLA
BAKED CHEESECAKE

BROOKIE

WARM WHITE
CHOCOLATE BLONDIE
with Custard

Daily Meal Deals
Regular
Chef's Specials

Freshly Made from Scratch
DAILY!

Fresh Cut Fruit
& Yogurt Pots
Available Daily

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

DELI KITCHEN
HOT GRAB & GO

STREATERIES LUNCH MENU



WEEK 3
16/9, 7/10, 28/10, 18/11,
9/12, 30/12, 20/1, 10/2



MON

TUSCAN SAUSAGE LASAGNE

PROVENÇAL VEGETABLE LASAGNE V

GARLIC WEDGES
HOUSE CHOP SALAD



TUE

KUNG PAO
PULLED PORK

BANG BANG
CAULIFLOWER V

5 SPICE RICE
& STIR FRIED GREENS



WED

CREAMY CHICKEN &
PUFF PASTRY PIE

SMOKY SWEET POTATO &
RED PEPPER PIE V

CHIVE MASH
PEAS, GREEN BEANS
SAVOY CABBAGE



THU

SMOKY ALBONDIGAS
(Meatballs)

SPANISH VEGETABLE
TORTILLA V

SPANISH RICE
TOMATO & GREEN BEAN
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

MAINS

SIDES

- PASTA & NOODLE POTS -

CARBONARA PASTA

VEGGIE THAI STYLE
NOODLE POT V

BOLOGNESE PASTA

CHINESE CHICKEN
CHOW MEIN NOODLES

CARBONARA PASTA

ITALIAN TOMATO PASTA - DAILY V

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

BIG BOWL SALAD

CLASSIC GREEK SALAD
WITH FETA & OLIVES

SQUASH, ROASTED
VEGETABLE
& CHICKPEA SALAD

SMOKY MEXICAN BEAN
CHOPPED SALAD

CRUNCHY RANCH
& EGG SALAD

COCONUT CHILLI
CHICKEN SALAD

DESSERTS

APPLE & SYRUP
SPONGE
with Custard

CHOCOLATE
SHORTBREAD

KEY LIME
CHEESECAKE

CHOCOLATE BANANA
CAKE
with Custard

BROWNIE
with Chocolate Sauce

Daily Meal Deals
Regular
Chef's Specials

Freshly Made from Scratch
DAILY!

Fresh Cut Fruit
& Yogurt Pots
Available Daily

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

DELI KITCHEN
HOT GRAB & GO

MEAL DEAL

Sandwich/Pasta Pot
+ Homebake/Fruit +
Source Drink

or

Main Meal/Hot Deli
+ Homebake/Fruit **or**
Source Drink

*Great
Value*

£2.75

Aspens



Water = 500ml plain water
homebake = Any
Homemade non-premium bake