

WEEK 1

Aspens MMMMM











	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
STREET	Curried Coconut Chilli Chicken Wholegrain Rice n Peas	Homemade Spicy Falafel Taco Chicken Shawarma Jewelled Couscous	Roast Lemon & Thyme Chicken, Roast Spuds, and Gravy	Low Salt & Chilli Chicken Beggars Noodles	Choose from: Battered Fish Sausage (battered or plain) Margherita Pizza Chicken Nuggets Chips & Gravy or Curry Sauce
VEGGIE	Sweet Potato and Coconut Bean Stew Wholegrain Rice n Peas	Egyptian Falafel Pitta Couscous	Root Vegetable & Bean Stew Roast Spuds	Low Salt & Chilli Chicken Style Strips Beggars Noodles	Choose from: Margherita Pizza Veggie Sausage (battered or plain) Chips, Gravy or Curry Sauce
SIDES	Lime Dressed Slaw	Mezze Salad	Roast Carrots & Parsnip	Stir Fry	Minty Peas or Baked Beans
Extras additional to Meal Deal	Flatbread Wedge	Hummus Pot	Cauliflower Cheese	Prawn Crackers	Onion Rings

19/2, 11/3, 1/4, 22/4, 13/5, 3/6, 24/6, 15/7

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ST	RE/	ATERIES				Aspens MMMMM
			AMERICAN	Home	• MEZZE •	Chips &
			Diner Tuesday	S T Y L E WEDNESDAY	MIX IT UP!	riday •
	STREET	MONDAY Spicy Chicken Dhansak	American Mustard and Crispy Onion Hotdog		THURSDAY Minted Yoghurt and Meatball Flatbread	Choose from: Battered Fish Sausage (battered or plain) Margherita Pizza Chicken Nuggets Chips & Gravy or Curry Sauce
	VEGGIE	Sweet Potato and Chickpea Rogan Josh	Crispy Topped Mac n Cheese BBQ Drizzle & Crispy Onion	Veggie Bangers Cheesy Chive Mash	Spicy Falafel Flatbread	Choose from: Margherita Pizza Veggie Sausage (plain or battered) Chips & Gravy or Curry Sauce
K 2	SIDES	Wholegrain Rice & Kachumber Salad	Sweet Potato Wedges Chunky Tomato Salsa	Carrots & Peas	Moorish CousCous & Green Salad	Minty Peas or Baked Beans
WEEK	Extras additional to Meal Deal	Naan Bread	Tortilla Chips	Cauliflower Cheese	Garlic Flatbread	Frickles



REATERIES						
	AMERICAN Diner	P A N	Home		Chips &	
	ejuvev	A S I A N	STYLE		more	
н	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
STREET	Cheeseburger	Breaded Chicken Katsu Wholegrain Rice	Sausage Roasties & Gravy	Chicken Ruby Murray Turmeric Rice	Choose from: Battered Fish Sausage (battered or plain) Margherita Pizza Chicken Nuggets Chips & Gravy or Curry Sauce	
VEGGIE	Bean Burger	Veggie Thai Style Noodles	Veg Sausage Roasties & Gravy	Chana Masala Turmeric Rice	Choose from: Margherita Pizza Veggie Sausage (plain or battered) Chips & Gravy or Curry Sauce	
SIDES	Hand Cut Wedges & Mustard Slaw	Asian Salad	Seasonal Mixed Vegetables	Bombay Potatoes	Minty Peas or Baked Beans	
Extras additional to Meal Deal	Cajun Onion Rings	Prawn Crackers	Cauliflower Cheese	Naan Bread	Garlic Mayo Dip Pot	

WEEK 3

4/3, 25/3, 15/4, 6/5, 27/5, 17/6, 8/7,29/7