

FOOD FESTIVAL

By Aspens

MONDAY
Authentic
Italian

TUESDAY
Family
Faves

WEDNESDAY
Baking
British

THURSDAY
Food
Festival

FRIDAY
Fun
Day

In order to mitigate food inflation and combat supply chain switches this updated menu includes the following changes:

1. WK1M - Meat Free monday with Margherita Pizza
2. WK2F - Breaded Fish has been replaced with Fish Fingers. All other fish has been removed from the APL
3. New recipes - identified on the menu by *
 - a. WK1F - **Vegetable fingers** replace vegetable nuggets (supply chain issue)
 - b. **WK2T** - Beef Bolognese replaces Lasagne - This is a double whammy - it allows us to use Pasta multiple times so eases storage and simplifies ordering but also gives us an opportunity to replace some meat protein in the bolognese with more cost effective lentils and still remain school food complaint
4. Engineered recipes -identified by **
 - a. WK1T - **Strawberry Mousse** with Peach - Recipe now uses milk instead of EasiYo yoghurt
 - b. WK2W - Reduced amount of **Marshmallows** in Chocolate Cake
 - c. WK3F - **Chocolate Mousse** with Mandarin - Recipe now uses milk instead of EasiYo yoghurt

UPDATED RECIPES ARE AVAILABLE [HERE](#)

FOOD FESTIVAL

By Aspens

Spring / Summer 2022

7/3, 28/3, 18/4, 9/5, 30/5, 20/6, 11/7

WEEK ONE

MONDAY Authentic Italian

Option 1

Margherita Pizza*
Mini jackets
Sweetcorn



Option 2

Margherita Pizza
Mini jackets
Sweetcorn



Potatoes &
Pasta

Hot Tomato Pasta with Cheese or Crispy Skin Jacket Potato with Tasty Toppings available daily

Packed
Lunch

Pick and Mix Packed Lunch

Freshly filled sandwich or roll, healthy snack, home bake and piece of fruit

The Finale

**Warm Pineapple
with Vanilla Ice
Cream**

**Sticky
Gingerbread
Cake**

**Chocolate
Brownie**

**Strawberry
Mousse**
with Peach**

Oat Cookie

Homemade Bread, Fresh Fruit, Yoghurt and Salad available every day

▲ Meat ✓ Veggie ◆ Jacket Potato ■ Packed Lunch

TUESDAY Family Faves

**Beef Burger
in a Bun**
Oven Baked
Wedges
Coleslaw



**Super Veggie
Burger
in a Bun**
Oven Baked
Wedges
Coleslaw



WEDNESDAY Baking British

Roast Gammon
Roasties and
Fresh Vegetables
Gravy



**Veggie Sausage &
Summer Veg
Traybake**
Roasties and
Fresh Vegetables
Gravy



THURSDAY Food Festival

**Chicken Tikka
Biryani**
Wholegrain Rice
Coconut Green
Beans



**Roasted Sweet
Potato Dhal**
Wholegrain Rice
Coconut Green
Beans



FRIDAY Fun Day

Fish Fingers
Salmon or Pollock
Chips and
Baked Beans

**Baked Beans &
Vegetable Fingers***
Chips



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Spring / Summer 2022

21/2, 14/3, 4/4, 25/4, 16/5, 6/6, 27/6, 18/7

WEEK TWO

MONDAY Authentic Italian

Option 1

Creamy Chicken Pasta Bake

Whole Grain Penne
Green Salad

TUESDAY Family Faves

BBQ Pulled Pork & Mash

Carrots

WEDNESDAY Baking British

Roast Chicken & Stuffing

Roasties and
Fresh Vegetables
Gravy

THURSDAY Food Festival

Beef Bolognese*

Potato Wedges
Rainbow Slaw

FRIDAY Fun Day

Fish Fingers*

Salmon or Pollock
Chips and
Mushy Peas

Option 2

Veggie Bolognese

Whole Grain Penne
Green Salad

Baked Bean & Veggie Sausage Cowboy Pie

Carrots

Cheese & Spring Onion Pastry Slice

Roasties and
Fresh Vegetables
Gravy

Veggie Nachos & Cheese

Potato Wedges
Rainbow Slaw

Carrot & Potato Cakes Homemade Tomato sauce

Chips and
Mushy Peas

Potatoes & Pasta
Packed Lunch

Hot Tomato Pasta with Cheese or Crispy Skin Jacket Potato with Tasty Toppings available daily

Pick and Mix Packed Lunch

Freshly filled sandwich or roll, healthy snack, home bake and piece of fruit

The Finale

Peaches & Vanilla Ice Cream**

Rice Krispie Cakes

Chocolate & Marshmallow Cake**

Apple Pie & Custard

Fruity Flapjack

Homemade Bread, Fresh Fruit, Yoghurt and Salad available every day

▲ Meat ▼ Veggie ◆ Jacket Potato ■ Packed Lunch

FOOD FESTIVAL

By Aspens

Spring / Summer 2022

28/2, 21/3, 11/4, 2/5, 23/5, 13/6, 4/7,

WEEK THREE

MONDAY Authentic Italian

Option 1

Meatball, Pasta & Garlic Bread
Traybake
Sweetcorn ▲

TUESDAY Family Faves

Sticky Baked Bangers & Mash
Green Beans
Gravy ▲

WEDNESDAY Baking British

Roast Chicken & Stuffing
Roasties and Fresh Vegetables
Gravy ▲

THURSDAY Food Festival

Honey & Soy Chicken Stir Fry
Wholegrain Rice
Broccoli ▲

FRIDAY Fun Day

Fish Fingers
Salmon or Pollock
Chips and Peas

Option 2

Tomato & Mozzarella Gnocchi
Garlic Slice
Sweetcorn ▼

Sticky Veggie Bangers & Mash
Green Beans
Gravy ▼

Quorn Roast
Roasties and Fresh Vegetables
Gravy ▼

Crunchy Topped Macaroni Cheese
Broccoli ▼

Veggie Croquettes
Chips and Peas ▼

Potatoes & Pasta

Hot Tomato Pasta with Cheese or Crispy Skin Jacket Potato with Tasty Toppings available daily ◆

Packed Lunch

Pick and Mix Packed Lunch

Freshly filled sandwich or roll, healthy snack, home bake and piece of fruit ■

The Finale

Chocolate Mousse with Mandarin**

Sticky Toffee Pudding & Custard

Vanilla Sprinkle Sponge

Apple Crumble with Custard

Ginger Cookie

Homemade Bread, Fresh Fruit, Yoghurt and Salad available every day

▲ Meat ▼ Veggie ◆ Jacket Potato ■ Packed Lunch