FOOD FESTIVAL

By Aspens

Packed Lunch Weekly Menu

	MONDAY Authentic Italian	TUESDAY Family Faves	WEDNESDAY Backing British	THURSDAY Food Festival	FRIDAY Fun Day
Option 1	**Classic Ham Sandwich** White bread with sliced ham	**Chicken Crunch Pasta Pot** Diced chicken, mixed peppers and red onions	**Chicken Sandwich** Chicken sliced in wholemeal	**Ham crunch pasta pot** Chopped ham mixed with fusilli pasta and mayonnaise	**Classic Ham Sandwich** White bread with sliced ham
Option 2	**Tomato Pasta Pot** Fusili pasta with tomato sauce and fresh basil	**Just Cheese Sandwich** Tasty cheese on plain white bread	**Spring Crunch Pasta Pot** Chopped onion, pepper and cucumber mixed with wholemeal pasta in mayo	**Egg Mayonnaise Sandwich** Wholemeal bread with light mayonnaise	**Tomato & Cheese Pasta Pot** Fusilli pasta mixed with tomato sauce & mild grated cheese
Crudités	**Fresh Carrot, Cucumber, and Pepper Crudités served each day.** **Fresh Fruit portions served daily**				
Fruit	**Fresh cut fruit portion**				
The Finale	**Homemade Flapjack** Oats and syrup baked in a chewy bar	**Chocolate Cookie** Reduced sugar chocolate chewy cookie	**Banana Muffin** Spiced with mixed spice	**Lemon Cookie** Reduced sugar Lemon chewy cookie	**Orange Muffin** Light & Zesty orange muffin

THEME DAYS

Trip to France

Italian Day Out

Try our Scottish Menu

We offer seasonal vegetables, bread, yoghurt and fruit daily.

(allergy information is available)

Aspens

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