By Aspens

Trip to

France

Italian Day

Try oul

Scottish

Menu

w/c 7th October, 28th October, 18th November, 9th December, 30th December, 20th January, 10th February

MONDAY **Authentic** Italian

TUESDAY Family **Faves**

WEDNESDAY Backing British

THURSDAY Food **Festival**

FRIDAY Fun Day

Vegan Cheese and Tomato GF Pasta Bake

Cake

All Day **GF Breakfast**

Roast Chicken and GF Gravy with DF Mash

Chicken Curry and Rice

Gluten Free Fish **Fingers and Chips**

Italian GF Crumble

GF Orange and cinnamon sponge GF Fruitcake

Dairy Free Yoghurt

GF Lemon Cookie

WEEK

GF Pizza with Vegan Beef Bolognese with Cheese **GF** Pasta

GF Sausage and Gravy with DF Mash

Chicken Fajitas with Corn **Tortilla**

Gluten Free Fish Fingers and Chips

Fresh Fruit Salad

With Berries

Dairy Free Yoghurt Apple and Berry GF Crumble

GF Chocolate Cake GF Ginger Cookie

GF Mac n Vegan Cheese

Cottage Pie

Roast Chicken and GF Gravy with Roast Potatoes A **Jacket Potato with** Beans

Gluten Free Fish Fingers and Chips

GF Shortbread

GF Sticky Ginger Cake

Chilled rice pudding Dairy Free Yoghurt with caramelised pineapple

Oat Cookie with juicy fruit

> We offer seasonal vegetables, bread, yoghurt and fruit daily. (allergy information is available)

Aspens

Meat

V Veggie