

# FOOD FESTIVAL

By Aspens

## Packed Lunch Weekly Menu

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