Spring/Summer 2021

By Aspens

Main

Event

MONDAY Family

Faves Sausage Bap GF DF Baked Potato Wedges

TUESDAY

Authentic Italian

> Roast Chicken GF Roasties and Fresh Vegetables Gravy

WEDNESDAY

Backing British

Butter Chicken Curry DF Wholegrain Rice Coconut Green

THURSDAY

Food

Festival

Fish Fingers Chips & minted Crushed Peas Beans

FRIDAY Fun Day

Vegetarian Section

Sausage Roll GF DF Baked Potato Wedges **BBQ** Beans

BBQ Beans

Homemade Vegan Quorn Bolognese and Spaghetti Garlic Slice Sweetcorn

Jacket Potato and **Baked Beans**

Butternut and Chickpea Pasanda DF

Wholegrain Rice Coconut Green Beans

Falafel and Hummus Wrap

Chips and Minted Crushed Peas

The Finale

Peach Melba Traybake GF DF

Sticky Orange Polenta Cake GF DF

Carrot and Pineapple Muffin GF DF

Indian Kulfi Ice Cream DF

Yoghurt, Granola and Peaches

Please ensure recipes from the Gluten Free & Dairy Free Primary Recipe Book are used and cross referenced with recipe numbers

▲ Meat

V Veggie

Spring/Summer 2021

By Aspens

Main

Event

Vegetarian

Section

MONDAY Family Faves

Chicken Thigh Burger GF Baked Potato Wedges

Rainbow Slaw

Jacket Potato **Baked Beans**

Bolognese

Garlic Slice Green Salad

Green Salad Vegetable

TUESDAY

Authentic

Italian

Beef Bolognese

Whole Grain Penne

Garlic Slice

Whole Grain Penne

Backing British **Honey Roast**

WEDNESDAY

Gammon Roasties and Fresh Vegetables Gravy

Potato and Spinach Mixed Bean Fajita Frittata

Roasties and Fresh Vegetables Gravy

THURSDAY Food **Festival**

DF

Chicken Fajita GF Fish Finger Bap GF,

Tomato Rice Salad Mexican Slaw Chips and Peas

GF DF

FRIDAY

Fun

Day

GF DF Tomato Rice Salad Mexican Slaw

Chips and Peas

The Finale

Apple Brown **Betty GF DF**

Tutti Frutti Sponge GF

Mango and Coconut SliceGF Mexican GF DF

Chocolate Pudding Soya Yoghurt Pot

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Meat

V Veggie

Spring/Summer 2021

By Aspens

Main

Event

Vegetarian

Section

MONDAY Family Faves

Sausage Pasta

TUESDAY **Authentic** Italian

Sweetcorn

Bake GF Df

Shepherdess Pie Sweet Potato Mash Tomato Pasta Bake Sweetcorn

GF DF v Oven Baked Wedges

Cheese and

Veggie Sticks

WEDNESDAY

Backing British Lemon and Herb

Chicken Roasties and Fresh Vegetables Gravy

Onion and Herb Slice GF DF Roasties and Fresh Vegetables Gravy

THURSDAY Food **Festival**

Sweet Chilli Chicken and **Noodles** ▲ Carrot Ribbons FRIDAY Fun

Day

Fish Finger GF DF Chips and Baked Beans

Vegan Sausage Roll Chips and Baked Beans

The Finale

Chocolate Cake GF DF

Sweet Potato Brownie GF

Italian Crumble Cake GF DF

Caramelised **Bananas** and Toffee Sauce

Lemon and Sultana Cookie

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Meat

V Veggie