

FOOD FESTIVAL

by Aspens

WEEK 3

Spring/Summer 2026

21/09/26, 12/10/26, 02/11/26,
23/11/26, 14/12/26

LUNCHTIME

Allergy Free Traditional Menu Spring/Summer 2026

ALLERGY FREE
PRIMARY
TRADITIONAL



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Loaded Cajun Beef &
Corn Potato Wedges
with
Vegetable Sticks

Chicken and Veg
Masala Curry
with Rice and Green
Beans

Roast Pork,
Skin on Roasties with
Gravy, Carrots
and Green Beans

Minced Beef & Onion
Stew with Mash
and Mixed Greens

Southern Fried
Chicken Fillet with
Chips, Peas
and Baked Beans

Sweet Potato Wedges
with Sweet Chilli
Roasted Veggies and
Vegetable Sticks

Sweet Potato &
Chickpea Balti
with Rice and Green
Beans

Roast Vegetable Hot Pot,
Skin on Roasties, Gravy,
Carrots and Green Beans

Root Vegetable
and Bean Stew
with Mash
and Mixed Greens

Veggie Bean Patty
with Chips, Peas
and Baked Beans

Crispy Skin Jacket Potato
with a choice of Mild Chicken Korma or Veggie Bolognese or Baked Beans

Shortbread

Raspberry Jelly

Pear Spiced Muffin

Fruit Salad

Coco Cookies

PASTA
TWIRLER
AVAILABLE
EVERY DAY

TOPPED SPAGHETTI
WITH HOMEMADE
TOMATO SAUCE