

FOOD FESTIVAL

by Aspens

WEEK 1

Spring/Summer 2026

07/09/26, 28/09/26, 19/10/26,

09/11/26, 30/11/26, 21/12/26

LUNCHTIME

Allergy Free Traditional Menu Spring/Summer 2026

ALLERGY FREE
PRIMARY
TRADITIONAL



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



Tomato and Basil
Chicken with Rice
and
Vegetable Sticks

Chilli Con carne with
Rice and
Green Beans

Roast Chicken,
Skin on Roasties,
Gravy with Carrots
and Peas

Cottage Pie
with
Mixed Greens

Southern Fried
Chicken Fillet with
Chips, Baked Beans
and Peas



Sweet Potato Coconut
Bean Stew with Rice
and Vegetable Sticks

Veggie Bean Chilli
with Rice and
Green Beans

Roast Vegetable Hot Pot,
Skin on Roasties, Gravy,
Carrots and Peas

Shepherdless Pie
with
Mixed Greens

Veggie Bean Patty
with Chips,
Baked Beans and Peas



Crispy Skin Jacket Potato

with a choice of Mild Chicken Korma or Veggie Bolognese or Baked Beans



Chocolate
Orange Cookie

Strawberry Jelly

Peach Muffin

Chocolate
Shortbread

Banana Bread



TOPPED SPAGHETTI
WITH HOMEMADE
TOMATO SAUCE