

Aspire Catering Menu

Allergy key: DF – Dairy Free; GF – Gluten Free; V – Vegetarian; VG - Vegan

Jacket Potatoes with a choice of filling are available every day.

Week 1 17th June, 8th July, 2nd Sept, 23rd Sept

Day	Meat Option	Vegetarian	Allergy Free
Monday	Cod Goujons with peas and chips	Cheese and Onion Potato Bake (V)	Mozzarella & Haddock Fish Cake with chips (GF)
Tuesday	Chicken Pie with mash, vegetables & gravy	Savoury Quorn Mince in a Yorkshire pudding with mash (V)	BBQ Chicken and rice (DF, GF)
Wednesday	Italian style beef meatballs and spaghetti	Mature Cheddar Cheese Quiche with diced potatoes (V)	Tomato, Pepper and Cheese Traybake with diced potatoes (GF, V)
Thursday	Roast Pork with roast potatoes, Yorkshire pudding and gravy	Quorn Sausages with roast potatoes, Yorkshire pudding and gravy (V)	Vegetable Biryani and rice (GF, V, VG)
Friday	Pepperoni Pizza	Margherita Pizza (V)	Veggie Pizza (DF, GF, V, VG)

Week 2 3rd June, 24th June, 15th July, 9th Sept, 30th Sept

Day	Meat Option	Vegetarian	Allergy Free
Monday	Puff Pastry Pork Sausage Roll with chips/pasta	Spinach and Ricotta Cannelloni with garlic bread (V)	Oriental Stir Fry Vegetables with mushroom rice & BBQ sauce. (DF, GF, V, VG)
Tuesday	Chicken Chunks with a choice of dips with baked wedges	Cheese, Tomato and Onion Pinwheels with baked wedges (V)	Vegetable and Cheese Sauté Potato Bake (DF, GF, V)
Wednesday	Traditional Beef Lasagne with garlic bread	Mixed Vegetable Cobbler (V)	Sweet and Sour Chicken with rice (DF, GF)
Thursday	Roast Chicken and stuffing with roast potatoes, Yorkshire pudding and gravy	Quorn Fillet & stuffing with roast potatoes, Yorkshire pudding and gravy (V)	Vegetable Bolognese Pasta Bake (DF, GF, V, VG)
Friday	Burger Bar. Choose between a beef burger or a bean burger, add fillings of your choice, served with chips, salad and vegetables (DF, GF, V, VG)		

Week 3 10th June, 1st July, 22nd July, 16th September, 7th October

Day	Meat Option	Vegetarian	Allergy Free
Monday	Beef Pasta Bolognese with garlic bread	Macaroni cheese with garlic bread (V)	Mushroom Stroganoff with rice (GF, V)
Tuesday	Pork Sausages with mashed potato, vegetables and gravy	Cheese Omelette with vegetables (GF, V)	Pasta Napolitano with garlic bread (DF, GF, V, VG)
Wednesday	Chicken Curry and rice with naan bread	Creamy Quorn Pie with diced potatoes (V)	Turkey meatballs with spaghetti (DF, GF)
Thursday	Roast Beef with roast potatoes, Yorkshire pudding and gravy	Cauliflower and Broccoli Mornay (V)	5 Bean Chilli Con Carne with rice (DF, GF, V, VG)
Friday	Hot Dog	Veggie Dog (V)	Allergy free Hot Dog (DF, GF, V, VG)

Help yourself salad bar is available every day.

All meals are served with seasonal vegetables.