STREATERIES

WEEK 1

Autumn/Winter 2026-27
31/08/26, 21/09/26, 12/10/26, 02/11/26, 23/11/26, 14/12/26, 04/01/27, 25/01/27, 15/02/27, 08/03/27

MAINS

MAINS

STICKY HONEY GINGER MEATBALLS & BEANSPROUTS
With
EGG NOODLES

CAJUN CHICKEN STACK, TOPPED WITH MARINARA AND CHEESE
With
GARLIC & HERB WEDGES

SIMPLY ROAST PORK & YORKSHIRE PUDDING
With
SKIN ON GARLIC ROASTIES

CHICKEN TIKKA PATHIA CURRY WITH MINT YOGHURT
With
BRAISED RICE

BATTERED FISH
SAUSAGE/VEG SAUSAGE
PIZZA SLICE
CHICKEN NUGGETS
With
CHIPS, GRAVY or IRISH CURRY SAUCE

Pan Asian

American Diner

Home Style

Incredible India

Chips & More

VEGGIE

MISO ROAST AUBERGINE & EDAMAME WITH STICKY CHILLI GLAZE (V)
With
EGG NOODLES

CAJUN ROASTED VEGETABLE & BUTTERBEAN BAKE (V)
With
GARLIC & HERB WEDGES

CAULIFLOWER & SQUASH CHEESY GRATIN (V)
With
SKIN ON GARLIC ROASTIES

ALOO GOBI VEGETABLE CURRY (V)
With
BRAISED RICE

PIZZA SLICE (V)

VEGGIE SAUSAGE (V)
With
CHIPS, GRAVY or IRISH CURRY SAUCE

VEGETABLES/SALAD

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WOK FRIED VEGETABLES	RED SLAW	RED CABBAGE & BROCCOLI	COCONUT GREEN BEANS	GARDEN PEAS OR BAKED BEANS

DESSERTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
ASPENS COOKIE	APPLE TARTE TATIN & CUSTARD	CHOCOLATE ORANGE SHORTBREAD	BANANA CHOC CHIP CAKE	HOMEBAKE FAVOURITES

Fresh Cut Fruit & Yogurt Pots *available daily*

KEY: VEGGIE (V)

NOT JUST POTATOES...

LOADED SPUDS!

SO GOOD THEY'RE HERE TO STAY

MONDAY	TUESDAY	WEDNESDAY
CARBONARA LOADED SPUD	MEXICAN BEAN CHILLI LOADED SPUD	THAI GREEN VEG CURRY LOADED SPUD

THURSDAY	FRIDAY
CHICKEN TIKKA PATHIA LOADED SPUD	ALL THE CLASSICS

AVAILABLE EVERY DAY
BEANS • CHEESE • TUNA

ASPENS

REGULAR CHEF'S SPECIALS

HANDCRAFTED DELI SANDWICHES, BAGUETTES, WRAPS, SALADS & MORE!

HOT DELIKITCHEN

SELECTION OF PIZZAS AVAILABLE DAILY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
PIRI CHICKEN WRAP	KATSU CHICKEN BURGER	ROAST PORK & STUFFING ½ BAGUETTE	CHEESY NACHO DOG	LOADED CHIPS PEPPERONI MARINARA

PASTA, RICE & NOODLE POTS

AVAILABLE EVERY DAY
TOMATO SAUCE & CHEESE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
CARBONARA SPAGHETTI POT	MEXICAN BEAN CHILLI RICE POT	THAI GREEN CURRY VEGETABLE NOODLE POT	SPICY CHICKEN PENNE	CLASSIC MAC CHEESE

BIG BOWL SALADS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
CHICKEN CAESAR SALAD	CHICKEN CAESAR PASTA SALAD	MISO ROASTED AUBERGINE & CHICKPEA SALAD	ASIAN VEGETABLE & CHICKPEA NOODLE SALAD	SALAD SPECIAL

DAILY
MEAL DEALS

Freshly Made from Scratch
DAILY!

STREATERIES

WEEK 2

Autumn/Winter 2026-27
07/09/26, 28/09/26, 19/10/26, 09/11/26, 30/11/26, 21/12/26, 11/01/27, 01/02/27, 22/02/27, 15/03/27

MAINS

MAINS	VEGGIE
HONEY MUSTARD CREAMY CHICKEN BAKE SPAGHETTI	**FIERY ROASTED CHILLI & OLIVE PENNE PASTA BAKE** (V)
HAND PRESSED BBQ GLAZED PORK & APPLE BURGER *With* **APPLE SLAW & HAND CUT WEDGES**	**VEGGIE DOG & APPLE SLAW** (V) *With* **HAND CUT WEDGES**
ROAST CHICKEN DINNER WITH STUFFING & GRAVY *With* **SKIN ON GARLIC ROASTIES**	**LENTIL & ONION PASTRY PIE** (V) *With* **SKIN ON GARLIC ROASTIES**
SLOW ROAST PORK CARNITAS TACO & GREEN CHILLI SALSA *With* **TOMATO RICE**	**MEXICAN BEAN QUESADILLA & GREEN CHILLI SALSA** (V) *With* **TOMATO RICE**
BATTERED FISH SAUSAGE/VEG SAUSAGE PIZZA SLICE CHICKEN NUGGETS *With* **CHIPS, GRAVY or IRISH CURRY SAUCE**	**PIZZA SLICE** (V) **VEGGIE SAUSAGE** (V) *With* **CHIPS, GRAVY or IRISH CURRY SAUCE**

VEGETABLES/SALAD

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
GARLIC GREENS	MIXED SALAD	CARROTS & CAULIFLOWER	CRUNCHY FIESTA SALAD	GARDEN PEAS OR BAKED BEANS

DESSERTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
ASPENS COOKIES	OLD SCHOOL SPRINKLE SPONGE	STICKY TOFFEE PUDDING	APPLE & PEAR CRUMBLE & CUSTARD	HOMEBAKE FAVOURITES

Fresh Cut Fruit & Yogurt Pots *available daily*

KEY: VEGGIE (V)

NOT JUST POTATOES... LOADED SPUDS!

SO GOOD THEY'RE HERE TO STAY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
GARLIC CHICKEN ALFREDO	CHICKEN KORMA	SWEET & SOUR VEGGIES	MEXICAN PORK CARNITAS	ALL THE CLASSICS

AVAILABLE EVERY DAY
BEANS • CHEESE • TUNA

REGULAR CHEF'S SPECIALS

HANDCRAFTED DELI SANDWICHES, BAGUETTES, WRAPS, SALADS & MORE!

HOT DELI KITCHEN

SELECTION OF PIZZAS AVAILABLE DAILY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BBQ CHICKEN WRAP	CHEESE & JALAPENO TOASTIE	ROAST CHICKEN & STUFFING ½ BAGUETTE	2oz SNACK BURGER	CHEESY CHIPS

PASTA, RICE & NOODLE POTS

AVAILABLE EVERY DAY
TOMATO SAUCE & CHEESE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
GARLIC CHICKEN ALFREDO SPAGHETTI	CLASSIC CHICKEN KORMA RICE POT	SWEET & SOUR VEGGIE NOODLES	BEST EVER BOLOGNESE SPAGHETTI POT	CLASSIC MAC CHEESE

BIG BOWL SALADS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
GRAIN & SEED BIG BOWL SALAD	CHARRED PINEAPPLE GRAIN BOWL	CAJUN CHICKEN, SWEET POTATO & AVOCADO SALAD	SOUTHWEST PULLED CHICKEN COBB SALAD	SALAD SPECIAL

DAILY MEAL DEALS

Freshly Made from Scratch DAILY!

STREATERIES

WEEK 3

Autumn/Winter 2026-27
14/09/26, 05/10/26, 26/10/26, 16/11/26, 07/12/26, 28/12/26, 18/01/27, 08/02/27, 01/03/27, 22/03/27

MAINS

MAINS		VEGGIE
CLASSIC SAUSAGE, MASH & ONION GRAVY	Home STYLE	QUORN SAUSAGE, MASH & ONION GRAVY (V)
CHICKEN ADANA 'KEBAB' SERVED ON A FLATBREAD WITH HOUSE CHILLI OR GARLIC SAUCE	MEZZE MIX IT UP!	HOMEMADE FALAFEL SERVED ON A FLATBREAD WITH HOUSE CHILLI OR GARLIC SAUCE (V)
BROWN SUGAR GLAZED GAMMON, YORKSHIRE PUDDING & GRAVY *With* Skin on Garlic Roasties	Home STYLE	ROASTED ROOT VEGETABLE GALETTE *With* Skin on Garlic Roasties
MALAYSIAN CHICKEN RENDANG *With* Coconut Rice	PAN ASIAN	CURRIED EDAMAME LAKSA & BEANS SPROUT (V) *With* Egg Noodles
BATTERED FISH SAUSAGE/VEG SAUSAGE PIZZA SLICE CHICKEN NUGGETS *With* CHIPS, GRAVY or IRISH CURRY SAUCE	Chips & More	PIZZA SLICE (V) VEGGIE SAUSAGE (V) *With* CHIPS, GRAVY or IRISH CURRY SAUCE

VEGETABLES/SALAD

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
PEAS & CARROTS	MIXED SALAD	MIXED GREENS	TOMATO & CUCUMBER CHILLI SAMBAL	GARDEN PEAS OR BAKED BEANS

DESSERTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
ASPENS COOKIE	OATIE PINEAPPLE MUFFIN	OLD SCHOOL TOFFEE TART	DATE BROWNIE	HOMEBAKE FAVOURITES

Fresh Cut Fruit & Yogurt Pots *available daily*

KEY: VEGGIE (V)

NOT JUST POTATOES...

LOADED SPUDS!

SO GOOD THEY'RE HERE TO STAY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MEATBALL MARINARA	TERIYAKI CHICKEN	CHICKEN TIKKA MASALA	PULLED HAM CARBONARA	ALL THE CLASSICS

AVAILABLE EVERY DAY
BEANS • CHEESE • TUNA

ASPENS

REGULAR CHEF'S SPECIALS

HANDCRAFTED DELI SANDWICHES, BAGUETTES, WRAPS, SALADS & MORE!

HOT DELIKITCHEN

SELECTION OF PIZZAS AVAILABLE DAILY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
CRISPY CHICKEN BURGER	LOADED GARLIC BREAD WITH HAM & RED ONION	GLAZED GAMMON ½ BAGUETTE	CHICKEN BIRYANI BURRITO	BBQ CHEESE LOADED CHIPS

PASTA, RICE & NOODLE POTS

AVAILABLE EVERY DAY
TOMATO SAUCE & CHEESE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MEATBALL MARINARA PENNE	TERIYAKI CHICKEN NOODLES	CHICKEN TIKKA MASALA RICE POT	PULLED HAM CARBONARA SPAGHETTI	CLASSIC MAC CHEESE

BIG BOWL SALADS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
TOMATO & BASIL PASTA SALAD WITH PESTO DRIZZLE	ITALIAN CHICKEN PASTA SALAD	SUPERFOOD SALAD BOWL	QUINOA & FETA HEALTH BOWL	SALAD SPECIAL

DAILY
MEAL DEALS

Freshly Made from Scratch
DAILY!

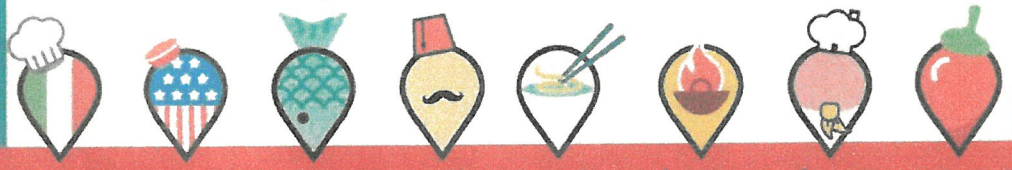
MID MORNING BREAK

CONNECT

Refuelling you between breakfast...

Monday	Tuesday	Wednesday	Thursday	Friday
Lemon Cinnamon Bun £1.00	Cajun Wedges 50p	Cocoa Cinnamon Bun £1.00	Garlic & Herb Wedges 50p	Classic Cinnamon Bun £1.00
Pizza Bagel £1.35	8oz Pasta Pot £1.55	Tortilla Pizza Pocket £1.30	Pizza Slice £1.50	Cheesy Garlic Slice £1.00
Hash Brown Bites £1.35	Pizza Nachos £1.30	Hash Brown Bites £1.35	Chicken Wings £1.80	Hash Brown Bites £1.35
Cheese on Toast £1.10	Crispy Chicken Burger £2.50	Loaded Wedges -BBQ, Crispy Onions & Cheese £1.65	Sausage Bap £1.80	8oz Pasta Pot £1.55
Homemade Sausage Roll £1.65	Homemade Waffle £1.30	2oz Beef Burger £2.10	Homemade Waffle £1.30	Homemade Sausage Roll £1.65

Available daily: Fruit Pots, Yoghurt Pots & Breakfast Homebake



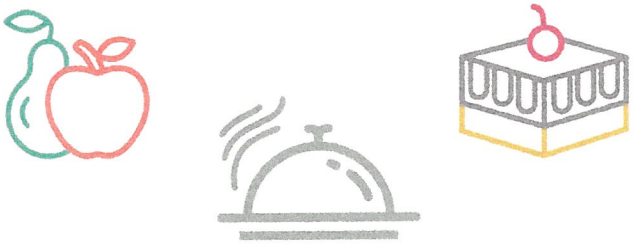
...and your lunchtime destination!

Aspens

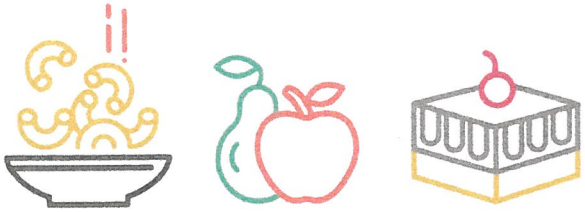
STREATERIES

WHAT CAN I GET FOR £2.66?

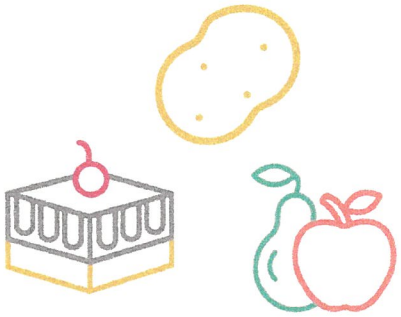
CHOOSE FROM



Hot Meal, Fruit or Tray Bake



Pasta and Homemade Tomato Sauce, Fruit or Tray Bake



Jacket Potato (1 Topping), Fruit or Tray Bake