

# Lunch @ Aston Manor



**Week 1**

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

**MAINS**

Firecracker Chicken  
with Tomato Pasta &  
Garlic Bread  
(H)

Beef lasagne with  
Seasoned Potato  
Wedges & Side Salad  
(H)

Caribbean Chicken  
& Sweet Potato Curry  
with Rice  
(H)

Roast Chicken with  
Seasoning, Roasted  
Potatoes, Carrots &  
Parsnip  
(H)

Crispy Breaded Fish  
Fillet with Chipped  
Potatoes & Peas

**MAINS  
VEGGIE**

Cheese & Onion  
Pasty with Herby  
Diced Potatoes &  
Baked Beans

Quiche with  
Seasoned Potato  
Wedges & Side Salad

Vegetarian Cottage  
Pie with Saute  
Potatoes & Cabbage

Mac N Cheese  
with Garlic Bread

Tomato & Basil Pasta  
with Cheese & Garlic  
Bread

**LIGHT**

Jacket Wedges  
with  
Baked Beans &  
Cheese

Jacket Wedges  
with  
Baked Beans &  
Cheese

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with  
Baked Beans &  
Cheese

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with  
Baked Beans &  
Cheese

Jacket Wedges  
with  
Baked Beans &  
Cheese

**GRAB N GO**

Thai Sweet Chilli  
Wrap  
(H)

Firecracker Chicken  
on a Floured Bun  
(H)

Jerk Chicken  
on a Floured Bun  
(H)

Hot & Spicy Chicken  
Flatbread  
(H)

Southern Fried  
Chicken on a Floured  
Bun  
(H)

*Meal Deal*

Main Meal & Dessert

£2.30

**SANDWICH BAR**

assorted sandwiches & baguettes  
available daily

# Lunch @ Aston Manor



**Week 2**

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

**MAINS**

Beef Burger in a Bun  
with Seasoned  
Wedges & Corn on  
the Cob

Lamb Shepherd's Pie  
with Roasted  
Potatoes, Carrots &  
Parsnips  
(H)

Caribbean Chicken  
Curry with Rice  
(H)

Italian Style Chicken  
Meatballs with  
Pasta Quills & Garlic  
Bread  
(H)

Crispy Breaded Fish  
Fillet with Chipped  
Potatoes & Peas

**MAINS  
VEGGIE**

Vegetable Samosa  
with Savoury Rice &  
Curry Sauce

Quorn Sausages with  
Roasted Potatoes,  
Parsnips & Carrots

Cheese & Sweet  
Potato Pie with  
Baked Beans

Roasted Vegetable  
Lasagne with  
Garlic Bread

Tomato & Basil Pasta  
with Cheese & Garlic  
Bread

**LIGHT**

Jacket Wedges  
with  
Baked Beans &  
Cheese

Jacket Wedges  
with  
Baked Beans &  
Cheese

Jacket Wedges  
with  
Baked Beans &  
Cheese

Jacket Wedges  
with  
Baked Beans &  
Cheese

Jacket Wedges  
with  
Baked Beans &  
Cheese

**GRAB N GO**

Thai Sweet Chilli  
Flatbread  
(H)

Firecracker Chicken  
in a Floured Bun  
(H)

Jerk Chicken in a  
Floured Bun  
(H)

Hot & Spicy Chicken  
Flatbread  
(H)

Southern Fried  
Chicken in a Floured  
Bun  
(H)

*Meal Deal*

Main Meal & Dessert

£2.30

**SANDWICH BAR**

assorted sandwiches & baguettes  
available daily

# Menu Tariff

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Wrap it Up	£1.85
Tub Meal	£1.70
Jacket Wedges with Cheese & Baked Beans	£1.70
Baguette	£1.65
Cold Wrap	£1.65
Sandwich	£1.45
Cold Dessert	£0.65
Fruit Bag	£0.65
Juicy Water Carton	£0.45
Pure Juice Carton	£0.45

# Break Menu

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Chicken Sausage Tub	£1.05
Vegetarian Tub	£0.65
Chicken Sausage Hot Dog	£0.65
Vegetarian Sausage Hot Dog	£0.65
Waffle	£0.65
Pain Au Chocolate	£0.65
Vegetable Samosa	£0.65
Cheese & Onion Lattice	£0.65
Pizza Slice	£0.65
Hash Browns	£0.65
Toast	£0.25
3 Pack Biscuits	£0.35

**A variety of the above items will be available each day**