

Autumn / Winter 2022 / 23
 5/9, 26/9, 17/10, 7/11,
 28/11, 19/12, 9/1, 30/1

What's On The Menu?

MONDAY
 Authentic Italian

TUESDAY
 Family Faves

WEDNESDAY
 Baking British

THURSDAY
 Food Festival

FRIDAY
 Fun Day



Beef Bolognese
 With Wholegrain Penne Pasta, Garlic Bread & Green Salad

Cowboy Pie
 Mash topped Sausage & Bean Pie with Carrots

Roast Chicken Sage & Onion Stuffing
 Crispy Roasties & Fresh Veggies & Gravy

Mild Chilli Beef & Cheese Homemade Nachos
 Oven Baked Potato Wedges & Sweetcorn

Golden Fish Fingers (MSC)
 Choose Salmon or Pollock, Chips & Baked Beans



Veggie Bolognese
 With Wholegrain Penne Pasta, Garlic Bread & Green Salad

Veggie Cowboy Pie
 Mash topped Veggie Sausage & Bean Pie with Carrots

Cheese, Veg & Spinach Puff Pastry Roll
 Crispy Roasties & Fresh Veggies & Gravy

Cheese & Veggie Homemade Nachos
 Oven Baked Potato Wedges & Sweetcorn

Crispy Bean & Vegetable Fingers
 Chips



Hot Tomato Pasta
 with or without Grated Cheese on top



Crispy Skin Jacket Potatoes
 Choice of Tasty Toppings



Pick & Mix Packed Lunch
 Freshly filled sandwich or roll, healthy snack, home bake dessert & a piece of fruit



Toffee Apple Slices
 topped with Vanilla Ice Cream

Crispy Chocolate Cornflake Cakes

Golden Syrup Sponge

Pineapple Upside Down Cake

Chewy Flapjack

FOOD FESTIVAL
 By Aspens

AVAILABLE EVERY DAY



Homemade Bread, Salad, Choice of Fresh Fruit & Yoghurt



Week One

Autumn / Winter 2022 / 23
 12/9, 3/10, 24/10, 14/11,
 5/12, 26/12, 16/1, 6/2

What's On The Menu?

MONDAY
 Authentic Italian

TUESDAY
 Family Faves

WEDNESDAY
 Backing British

THURSDAY
 Food Festival

FRIDAY
 Fun Day



Meat Free Monday!

Choose either our tasty Margherita Pizza or our Veggie Supreme

Served with Pasta Salad & Mixed Crudites

Classic Beef Burger

in a Bun with Oven Baked Wedges & Garden Peas

Super Veggie Burger

in a Bun with Oven Baked Wedges & Garden Peas

Roast Chicken Sage & Onion Stuffing

Crispy Roasties & Fresh Veggies & Gravy

Veggie Sausage & Root Veg Traybake

Crispy Roasties, Fresh Veggies & Gravy

Not So Spicy Chicken Tikka Masala

Wholegrain Rice, Turmeric Carrots & Peas

Creamy Vegetable Korma

With Wholegrain Rice, Turmeric Carrots & Peas

Golden Fish Fingers (MSC)

Choose Salmon or Pollock, Chips & Baked Beans

Crispy Bean & Vegetable Fingers

Chips

Hot Tomato Pasta
 with or without Grated Cheese on top

Crispy Skin Jacket Potatoes
 Choice of Tasty Toppings

Pick & Mix Packed Lunch
 Freshly filled sandwich or roll, healthy snack, home bake dessert & a piece of fruit

Jelly & Fruit Slices

Marble Sponge Cake

Chocolate Brownie

Apple Sponge Cake

Crunchy Vanilla Cookie

FOOD FESTIVAL
 By Aspens

AVAILABLE EVERY DAY



Homemade Bread, Salad, Choice of Fresh Fruit & Yoghurt



Week Two

Autumn / Winter 2022 / 23
19/9, 10/10, 31/10, 21/11,
12/12, 2/1, 23/1, 13/2

What's On The Menu?

MONDAY
Authentic
Italian

TUESDAY
Family
Faves

WEDNESDAY
Backing
British

THURSDAY
Food
Festival

FRIDAY
Fun
Day



Cheese & Tomato Pizza Melt Baguette with Wholegrain Pasta & Sweetcorn Salad	Toad in the Hole with Creamy Mash, Green Beans & Gravy	Roast Chicken & Sage & Onion Stuffing with Crispy Roasties & Fresh Veggies & Gravy	Homemade Chicken Nuggets with Oven Baked Wedges & Broccoli	Golden Fish Fingers (MSC) Choose Salmon or Pollock, Chips & Baked Beans
Tomato & Mozzarella Gnocchi Traybake with Wholegrain Pasta & Sweetcorn Salad	Quorn Toad in the Hole with Creamy Mash, Green Beans & Gravy	Quorn Roast with Crispy Roasties, Fresh Veggies & Gravy	Crunchy Topped Macaroni Cheese with Oven Baked Wedges & Broccoli	Baked Beans & Vegetable Fingers Chips
Hot Tomato Pasta with or without Grated Cheese on top				
Crispy Skin Jacket Potatoes Choice of Tasty Toppings				
Pick & Mix Packed Lunch Freshly filled sandwich or roll, healthy snack, home bake dessert & a piece of fruit				
Sticky Banana Pudding	Chocolate Oat Cake	Vanilla Sprinkle Sponge	Apple Crumble	Shortbread

**FOOD
FESTIVAL**
By Aspens

AVAILABLE
EVERY DAY



Homemade Bread, Salad,
Choice of Fresh Fruit & Yoghurt



**Week
Three**

Family Information Pack

School Meals
by Aspens Services
September 2022

About Aspens

GREAT TASTING FOOD THAT YOUR CHILDREN WILL LOVE

Aspens is the company chosen by your school to provide the meal service for its pupils and we are looking forward to welcoming your child for their school lunches. We are experts in school catering and have years of experience when it comes to school food.

The food children eat at school plays an important role in their wellbeing and eating a well-balanced diet will not only maintain and improve their health but will also set them on the right track for later life. We understand this and that's why we are passionate about serving fresh, high quality and locally sourced food that is cooked in our kitchen.

KNOWING WHERE YOUR FOOD COMES FROM

We take our responsibility of catering for today's children and young adults seriously. All of our dishes are prepared every day using quality, fresh and seasonal ingredients that are responsibly sourced. Our supply chain is traceable, so we can ensure the provenance of all produce.

Our dishes are created and served by experienced and enthusiastic staff. As well as ensuring the food on the plate is healthy, we want our customers to understand the importance of eating the right foods and help them with their food and nutrition journey.

OUR FANTASTIC FOOD

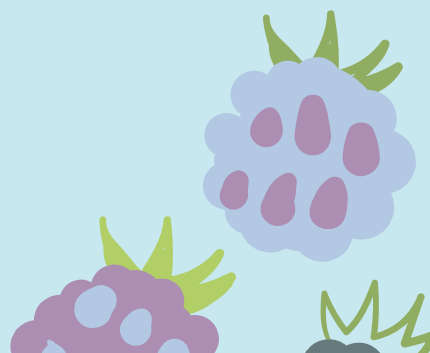
We don't only create delicious favourite dishes from home and around the world, we make it fun!

We aim to make lunchtime the best time of the day and it definitely is when we hold one of our regular theme days! Planned to link in to the school calendar or seasonal healthy food initiatives, our staff may dress up and decorate the counter to serve something deliciously different on the menu - it's the stuff of great school food memories!

FREE TASTY LUNCHES!

All children that are in Reception, Year 1 and Year 2 are currently entitled to receive **UNIVERSAL INFANT FREE SCHOOL MEALS!** We think it's a fantastic idea so please make sure you support this initiative. Not only will you be saving money, but you will also be giving your child a nutritionally balanced meal to fuel their bodies for the rest of their learning day.

Please note this is not to be confused with **FREE SCHOOL MEALS** which is an entitlement that some children can receive due to their parents/carer's circumstances. If you feel you may be entitled to receive **FREE SCHOOL MEALS**, you should request the relevant forms from your school office or look at this website. www.gov.uk/apply-free-school-meals.



SAMPLE MENU

FOOD FESTIVAL

By Aspens

Autumn / Winter 2022/23

5/9, 26/9, 17/10, 7/11, 28/11, 19/12, 9/1, 30/1

WEEK ONE

	MONDAY Authentic Italian	TUESDAY Family Faves	WEDNESDAY Baking British	THURSDAY Food Festival	FRIDAY Fun Day
Option 1	Margherita Pizza Pasta salad Crudites	Beef Burger in a Bun Oven Baked Wedges Peas	Roast Gammon Roasties and Fresh Vegetables Gravy	Chicken Tikka Masala Wholegrain Rice Indian Carrots & Peas	Fish Fingers Salmon or Pollock Chips and Baked Beans
Option 2	Margherita Pizza Pasta salad Crudites	Super Veggie Burger in a Bun Oven Baked Wedges Peas	Veggie Sausage & Root Veg Traybake Roasties and Fresh Vegetable Gravy	Veggie Korma Wholegrain Rice Indian Carrots & Pea	Baked Beans & Vegetable Fingers Chips
Potatoes & Pasta	Hot Tomato Pasta with Cheese or Crispy Skin Jacket Potato with Tasty Toppings available daily				
Packed Lunch	Pick and Mix Packed Lunch Freshly filled sandwich or roll, healthy snack, home bake and piece of fruit				
The Finale	Jelly & Fruit Slices	Marble Cake	Chocolate Brownie	Apple Sponge Cake	Vanilla Cookie

Homemade Bread, Fresh Fruit, Yoghurt and Salad available every day

▲ Meat ▼ Veggie ◆ Jacket Potato ■ Packed Lunch

PREPARING YOUR CHILD FOR SCHOOL LUNCHES

If your child is new to school lunches, they may feel a little uncertain, but you can help them to be prepared.

Look through the menu together, ask them to choose their favorites and point out the kind of things that you know they usually like to eat. Try new things at home to help them to become used to trying different foods.



THE 14 MAJOR FOOD ALLERGENS



CELERY



CRUSTACEANS



EGGS



FISH



LUPIN



MILK



MOLLUSCS



MUSTARD



PEANUT



SESAME



SOYA



SO2

SPECIAL DIETS AND FOOD ALLERGENS



TREE NUT



WHEAT

Don't think that your child can't enjoy our great food if they have a special diet - this is an important part of our catering service. We can provide food if they have an intolerance, an allergy, or require an alternative choice due to religious beliefs.

Aspens already caters for lots of children with allergies, we have robust food safety procedures and our staff has regular allergen and food safety training. It is still important that parents talk to us so we can work together and continue to provide meals that are safe for their child to eat.

SUSTAINABILITY

Sustainability is one of our core values - we recognise that our activities can affect the environment and so we do what we can to minimise our impact.

This includes phasing out single use plastics, using environmentally friendly disposables and cleaning products, offering non meat proteins and seasonal fruit and vegetables.

WORKING TOGETHER TO PROTECT OUR ENVIRONMENT

OUR PLASTIC CUTLERY IS COMPOSTABLE BUT WE WOULD RATHER YOU USED METAL CUTLERY IF DINING IN



WORKING TOGETHER TO PROTECT OUR ENVIRONMENT



IT'S ESTIMATED
40 BILLION
PLASTIC UTENSILS
ARE PRODUCED
EACH YEAR.

MOST OF THEM END
UP IN OUR LANDFILLS,
BEACHES AND OCEANS

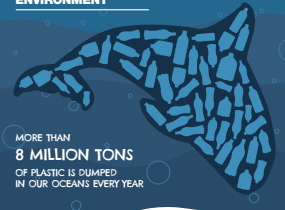
Aspens
01753 600195
info@aspens-restaurant.com
www.aspens-restaurant.com
aspens-restaurant.co.uk



80% OF OUR DRINKS SOLD IN BOTTLES ARE NOW MADE WITH RECYCLED PLASTIC (RPET)



WORKING TOGETHER TO PROTECT OUR ENVIRONMENT



MORE THAN
8 MILLION TONS
OF PLASTIC IS DUMPED
IN OUR OCEANS EVERY YEAR

Aspens
01753 600195
info@aspens-restaurant.com
www.aspens-restaurant.com
aspens-restaurant.co.uk



WHY SCHOOL MEALS ARE GREAT

Lunch time is an important part of a child's school day, giving pupils a break with friends and the chance to recharge their batteries. But why should you choose a school meal? Take a look at the ten great reasons we have come up with!

1. School meals are delicious, healthy, safe, varied and could be free!
2. Measures have been taken around staff training and enhanced cleaning to ensure our dinners continue to be safe.
3. It would save you hours making packed lunches for your child!
4. Children receiving Free School Meals have exactly the same choice and no-one will know that your child's meal is free.
5. You can see the menus and choices online and on the app, so you know exactly what they'll be eating.
6. The school catering team is fully trained and ready to cater for children with allergies or other diets.
7. School meals help encourage good eating habits from an early age and provide the opportunity to further develop their social skills as they sit down with friends to enjoy their meals.
8. There are plenty of opportunities to try new foods and fussy eaters are much more likely to try something different if their friends are eating the same meals as they are.
9. If you are entitled to free school meals, it's easy to apply.
10. You'll be supporting the school too. Schools receive extra Government funding for every child who is claiming Free School Meals. This money can be used to pay for more books, computers and much more!



““

SCHOOL MEALS HELP
ENCOURAGE GOOD EATING
HABITS FROM AN EARLY AGE AND
PROVIDE THE OPPORTUNITY TO
FURTHER DEVELOP THEIR SOCIAL
SKILLS AS THEY SIT DOWN WITH
FRIENDS TO ENJOY THEIR MEALS.



CONTACT US

e: info@aspens-services.com
w: www.aspens-services.co.uk

