



# TAKE YOUR CHILD'S IMAGINATION ON A FOOD JOURNEY WITH ASPENS

Aspens has been chosen to provide the meal service at your child's school. Take a look below for a glimpse at a typical menu...

## 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.

SAMPLE

## Our Great New Menu

FOOD FESTIVAL LUNCHTIME					TRADITIONAL
					Week 3
Spring Semester 2023 Dates	<b>MAIN EVENT</b> 800 Sweetcorn Pizza Slice with Yedgies	<b>MEAT-FREE MAGIC</b> Macaroni Cheese	<b>RAINBOW ALLEY</b> Green Salad	<b>BIG TOPPING</b> Beans, Cheese or Tuna Mayo	<b>DESSERT TROLLEY</b> Strawberry Frozen Yoghurt
MONDAY	Cheesy Meatball Bake Topped with Rash	Veggie Shepherd's Pie	Green Beans	Beans, Cheese or Tuna Mayo	Coconut Cookies
TUESDAY	Roast Chicken, Stuffing, Skin on Potatoes and Gravy	Cheese and Potato Pie with Roasties	Carrots and Peas	Beans, Cheese or Tuna Mayo	Peach & Pineapple Jelly
WEDNESDAY	Lasagne	Vegetable Bolognese with Rice	Sweetcorn	Beans, Cheese or Tuna Mayo	Toffee Apple Crumble and Custard
THURSDAY	Golden Fish Fingers and Chips	Vegetable Fingers and Chips	Baked Beans	Beans, Cheese or Tuna Mayo	Broccoli (Dressed in Crispy Mix)
FRIDAY					

## FUN THEME DAYS

## 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!



# NOT JUST GREAT TASTING 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.



## SPECIAL DIETS AND FOOD ALLERGENS

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.



For more information and to check if your child can get free school meals, even after year 2, please visit this website - [www.gov.uk/apply-free-school-meals](http://www.gov.uk/apply-free-school-meals) or scan the QR code on the left.

If eligible, 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.

**HELP YOUR CHILD SOAR WITH A SCHOOL MEAL!**  
And it could be FREE!! Check to see if your child is now eligible.

**Ask at the office to find out more!**

**Save money, Save time, Save hassle.**

**Fuel your child with energy!**

**All Reception, Year 1 and Year 2 meals are FREE!!**



### CONTACT US

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