



# 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.

WEEK 1

## LUNCH WEEK 1 MENU

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MAIN EVENT</b>	Beef & Hidden Veg Whole Grain Pasta Bolognese Green Salad	Bangers & Mash Green Beans	Roast Chicken & Stuffing Roasties Fresh Veg & Gravy	Mexican Chicken Wrap Oven Baked Wedges Broccoli & Salsa	Golden Fish Fingers (Salmon or Pollock) Chips Peas
<b>MEAT-FREE MAGIC</b>	Cheese & Tomato Pitta Pizza Green Salad	Veggie Bangers & Mash Green Beans	Cheese & Tomato Quiche Roasties Fresh Veg	Bean & Sweetcorn Burrito Oven Baked Wedges Broccoli & Salsa	Carrot & Hummus Bagel Chips Peas
<b>PASTA TWIRLER</b>	Hot Tomato Pasta with or without grated cheese				
<b>BIG TOPPING</b>	Crispy Skin Jackets with Tasty Toppings				
<b>PICK AND MIX</b>	Pick & Mix Packed Lunch Freshly filled sandwich or roll, healthy snack, home bake dessert & a piece of fruit				
<b>DESSERT TROLLEY</b>	Pineapple & Chocolate Sauce	Carrot Cake	Marble Sponge Cake	Jelly & Fruit	Oat Cookie
	Fresh fruit and yoghurt and bread available every day.				

## 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.

A graphic with a white background and a teal border. At the top right is a stylized rocket ship with a red nose cone and red fins, flying upwards. To the left of the rocket, the text "HELP YOUR CHILD SOAR WITH A SCHOOL MEAL!" is written in a curved, red, sans-serif font. Below this, there are several teal starburst shapes containing text. The first starburst says "SAVE MONEY, SAVE TIME, SAVE HASSLE." with a small 'A' icon. The second starburst says "ALL RECEPTION, YEAR 1 AND YEAR 2 MEALS ARE FREE!!" with a small 'ABC' icon. The third starburst says "FUEL YOUR CHILD WITH ENERGY!" with a small '2+2=4' icon. At the bottom right, the text "Ask at the office to find out more!" is written in a bold, teal, sans-serif font. Various small icons like an apple, a test tube, a microscope, a book, and a DNA helix are scattered around the graphic.



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.



### CONTACT US

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