



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

We are pleased to let you know that Aspens has been chosen by the Lighthouse Schools Partnership to provide the meal service at your child's school and we can't wait to share with you our new menu and give you a sneak peak at what we have coming soon!

## 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



## Our Great New Menu



### LUNCH WEEK 1 MENU



MAIN EVENT



MEAT-FREE MAGIC



PASTA TWIRLER



BIG TOPPING



PICK AND MIX



DESSERT TROLLEY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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 Chips Peas
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
Hot Tomato Pasta with or without grated cheese				
Crispy Skin Jackets with Tasty Toppings				
Pick & Mix Packed Lunch Freshly filled sandwich or roll, healthy snack, home bake dessert & a piece of fruit				
Pineapple & Chocolate Sauce	Carrot Cake	Marble Sponge Cake	Jelly & Fruit	Oat Cookie
Fresh fruit and yoghurt and bread available every day.				

## FUN THEME DAYS

## LOCAL SUPPLY CHAIN SPOTLIGHT



**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.**



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.

**HELP YOUR CHILD SOAP  
WITH A SCHOOL MEAL!**

**And it could be FREE!!  
Check to see if your  
child is now eligible.**

SAVE MONEY,  
SAVE TIME,  
SAVE HASSLE.

ALL RECEPTION,  
YEAR 1 AND YEAR 2 MEALS  
ARE FREE!!

FUEL YOUR CHILD  
WITH ENERGY!

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

**GOOD  
FOR YOU &  
GOOD  
FOR THE  
PLANET**

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.



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**Aspens**

