



# We are **always** in the mood for good food!

We are Aspens Services, a market leading contract catering company specialising in school food.

We only work in the education sector so we know what our customers want. Mixing this knowledge with an understanding of what's hot in the food world sparks creativity and excitement in our chefs. Our kitchens provide delicious home cooked food each day and cater for individual dietary requirements.

We make sure that our Food Festival menus are packed with comfort dishes and, at the same time, we help pupils to take their first steps with new tastes to explore.



We don't just provide food, we play our part to educate children and raise awareness about nutrition, food and where it comes from, so that they can make informed and mindful choices. Feeding our future.

# Menu

The school menu rotates on a three-week basis and refreshes for Autumn/Winter and Spring/Summer seasons.

| FOOD FESTIVAL LUNCHTIME   |  |   |                                   |  |  |
|---|--|---|-----------------------------------|--|--|
| Week 1  |  |   |                                   |  |  |
| Autumn Winter<br>2024-25<br>19/10, 25/10, 14/11,<br>4/12, 25/12,<br>15/01, 6/1, 27/1  |  |   |                                   |  |  |
| MONDAY  | <b>MAIN EVENT</b><br>Margherita Pizza Slice and Wedges | <b>MEAT-FREE MAGIC</b><br>Veggie Pepper and Sweetcorn Pizza Slice with Wedges | <b>RAINBOW ALLEY</b><br>Sweetcorn | <b>BIG TOPPING</b><br>Beans, Cheese or Tuna Mayo | <b>DESSERT TROLLEY</b><br>Toffee Frozen Yogurt |
| TUESDAY   | BBQ Cheesy Chicken                                     | Butterbean Ratatouille  | Apple Slaw and Wholegrain Rice    | Sweet Potato Brownie                             |  |
| WEDNESDAY   | Roast Gammon, Roast Potatoes and Gravy                 | Quorn Sausage, Roast Potatoes and Gravy                                       | Peas and Carrots                  | Beans, Cheese or Tuna Mayo                       | Forest Fruits Jelly Pots                       |
| THURSDAY  | Lasagne  | Vegetable Lasagne   | Green Beans                       | Beans, Cheese or Tuna Mayo                       | Cookie Dough Apple Crumble                     |
| FRIDAY  | Golden Fish Fingers and Chips                          | Veggie Burger and Chips   | Baked Beans                       | Beans, Cheese or Tuna Mayo                       | Jammy Thumbprint Biscuits                      |
| <div> <b>PASTA TWIRLER</b><br/>AVAILABLE EVERY DAY<br/>Topped Pasta<br/>Hot Pasta topped with Homemade Tomato Sauce &amp; Cheese </div> |  |   |                                   |  |  |

| FOOD FESTIVAL LUNCHTIME   |  |  |  |  |   |
|---|--|--|--|--|---|
| Week 2  |  |  |  |  |   |
| Autumn Winter<br>2024-25<br>19/10, 25/10, 21/11,<br>14/12, 27/12,<br>25/01, 15/1, 1/2   |  |  |  |  |   |
| MONDAY  | <b>MAIN EVENT</b><br>Cheesy Tomato Pizza Muffins | <b>MEAT-FREE MAGIC</b><br>BBQ and Sweetcorn Pizza Slice                                      | <b>RAINBOW ALLEY</b><br>Wholegrain Pasta Salad and Green salad | <b>BIG TOPPING</b><br>Beans, Cheese or Tuna Mayo | <b>DESSERT TROLLEY</b><br>Toffee Apple Sponge and Custard |
| TUESDAY   | Chicken and Sweetcorn Cobbler                    | Winter Vegetable Crumble   | Herby Diced Potato and Carrots                                 | Beans, Cheese or Tuna Mayo                       | Chocolate Sprinkle Iced Cake                              |
| WEDNESDAY   | Roast Pork, Roast Potatoes and Gravy             | Cauliflower Cheese, Crispy Onion Topping & Roast Potatoes (We don't have to have the onion!) | Mixed Greens   | Beans, Cheese or Tuna Mayo                       | Raspberry Coconut Jelly                                   |
| THURSDAY  | Classic Cottage Pie                              | Roasted Sweet Potato Potato Curry Ball and Mash  | Pas  | Beans, Cheese or Tuna Mayo                       | Fresh Fruit Salad   |
| FRIDAY  | Battered Fish and Chips                          | Cheese and Tomato Toasted Wrap with Chips  | Baked Beans  | Beans, Cheese or Tuna Mayo                       | Anzac Biscuits  |
| <div> <b>PASTA TWIRLER</b><br/>AVAILABLE EVERY DAY<br/>Topped Pasta<br/>Hot Pasta topped with Homemade Tomato Sauce &amp; Cheese </div> |  |  |  |  |   |

| FOOD FESTIVAL LUNCHTIME   |   |   |                                 |  |                                       |
|---|---|---|---------------------------------|--|---------------------------------------|
| Week 3  |   |   |                                 |  |                                       |
| Autumn Winter<br>2024-25<br>14/10, 7/10,<br>28/10, 18/11,<br>9/12, 30/12,<br>20/1, 10/2   |   |   |                                 |  |                                       |
| MONDAY  | <b>MAIN EVENT</b><br>American Style Mac & Cheese  | <b>MEAT-FREE MAGIC</b><br>Veggie Wholegrain Pasta Bolognese | <b>RAINBOW ALLEY</b><br>Carrots | <b>BIG TOPPING</b><br>Beans, Cheese or Tuna Mayo | <b>DESSERT TROLLEY</b><br>Marble Cake |
| TUESDAY   | Sausage Casserole and Mash                        | Vegetable Pot Pie and Mash                                  | Roast Root Veggies              | Beans, Cheese or Tuna Mayo                       | Apple, Cinnamon Raisin Flapjacks      |
| WEDNESDAY   | Roast Chicken, Stuffing, Roast Potatoes and Gravy | Carrot and Stuffing Pastry Plait                            | Peas and Sweetcorn              | Beans, Cheese or Tuna Mayo                       | Orange and Mango Jelly                |
| THURSDAY  | Meatballs in Tomato Sauce with Rice               | Mild Veggie Bean Chili Loaded Wedges with Cheese            | Broccoli                        | Beans, Cheese or Tuna Mayo                       | Banana Bread Muffins                  |
| FRIDAY  | Golden Fish Fingers and Chips                     | Vegetable Fingers and Chips                                 | Baked Beans                     | Beans, Cheese or Tuna Mayo                       | Gingerbread Cookies                   |
| <div> <b>PASTA TWIRLER</b><br/>AVAILABLE EVERY DAY<br/>Topped Pasta<br/>Hot Pasta topped with Homemade Tomato Sauce &amp; Cheese </div> |   |   |                                 |  |                                       |

## How school meals can support your child's diet

All children need a nutritious, balanced meal to grow and meet their full potential.

School meals need to be compliant with the School Food Standards. These were created to help children develop healthy eating habits and ensure that they get the energy and nutrition they need across the whole school day. Therefore, parents should be able to trust that the school's menu has been developed based on scientific nutrition research.

Click on the link to find out more about the the Governments School Meals Food Standards: <https://www.gov.uk/school-meals-food-standards>

# Free school meals

Check if your child can get free school meals in England and find out how to apply on your local authority's website.

**Please request the relevant form from the school office or scan/click to find out more or click here: <https://www.gov.uk/apply-free-school-meals>**



## Special Diets

Special diets are an integral part of our catering provision, whether as a result of an ethical or religious belief or a food intolerance or allergy. To register any special diets as a requirement please complete and return the special diets form to the school as soon as possible.

## Our Planet

We work closely with our clients and suppliers to be as environmentally friendly as we can. By making lots of small changes, we can make a big difference. We care about the future and continue to focus on responsible sourcing, using seasonal produce, increasing our focus on plant-based recipes, making our menus more sustainable, keeping waste to a minimum and reusing and recycling to reduce the impact we have.



