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

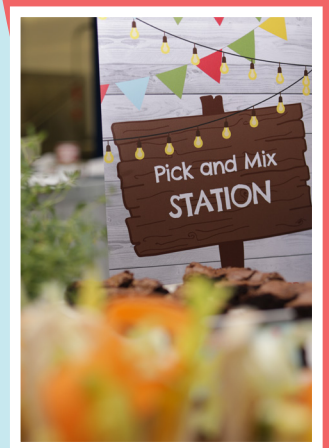
We don't only create delicious favourite dishes from home and around the world, we make it fun!

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.**



CONTACT US

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Aspens

SAMPLE MENU

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 Backing British	THURSDAY Food Festival	FRIDAY Fun Day
The Main Event	**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
Meat Free Magic	**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
Pasta Stop	**Hot Tomato Pasta** with or without Grated Cheese on top				
Jacket Bar	**Crispy Skin Jacket Potatoes** Choice of Tasty Toppings				
Packed Lunch Station	**Pick & Mix Packed Lunch** Freshly filled sandwich or roll, healthy snack, home bake dessert & a piece of fruit				
Dessert Stop	**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

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.

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.

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.

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 you 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!