



Great tasting food that your children will love

Aspens is the company chosen by your school to provide the meal service for its pupils. We specialise in providing catering to schools and colleges across the country.

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.

Responsible catering

At Aspens - we take our responsibility of catering for today's children and young adults seriously. All of our dishes are prepared everyday using quality, fresh and seasonal ingredients that are responsibly sourced.

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.

Special diets and food allergens

Don't think that your child can't enjoy our great food if they have a special diet - they are 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.

Legislation requires caterers to provide allergen information on food sold that is served 'unpackaged'. Aspens already cater for lots of children with allergies and we regularly check the information from suppliers to see if there have been any ingredient changes. It is still important that our customers talk to us so we can work together and continue to provide meals that are safe for them to eat.

Free School Meals

All children that are in Reception, Year 1 and Year 2 are entitled to receive UNIVERSAL 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. www.gov.uk/apply-free-school-meals

Online Payment System

Parents or carers for pupils will be able to pre-book and pay for school lunches via the Aspens online system, or just pre-book meals if you are entitled to free school meals. The Aspens system is flexible as it allows you to order a day at a time, per week or even for a month in advance. To help you get familiar with the new system, here are some tutorials for you to watch so you can see how user friendly it is.

<http://bit.ly/AspensSELECT> If you have any questions with regards to this system, please don't hesitate to contact us.

Sample Menu

Autumn/Winter 2019

w/c 7th October, 28th October, 18th November, 9th December, 30th December, 20th January, 10th February

WEEK ONE

FOOD FESTIVAL By Aspens

	MONDAY Authentic Italian	TUESDAY Family Faves	WEDNESDAY Backing British	THURSDAY Food Festival	FRIDAY Fun Day
Main Event	Cheese and Tomato Pasta Bake <small>V</small> Wholewheat penne with the ultimate tomato sauce topped with cheese	All Day Breakfast <small>▲</small> Grilled sausage, egg, beans, tomato and hash brown	Roast Chicken and Gravy with Mash <small>▲</small> Chicken fillets with mash, stuffing and gravy	Chicken Curry and Rice <small>▲</small> Marinated chicken thigh pieces in a buttery curry sauce with rice	Salmon Fish Fingers and Chips <small>▲</small> MSC salmon fish fingers with chips and peas
Vegetarian Section	Quorn Meatballs and Spaghetti <small>V</small> Quorn meatballs in a tasty tomato sauce with wholewheat spaghetti	Veggie All Day Breakfast <small>V</small> Veggie sausage, egg, beans, tomato and hash brown	Quorn Roast and Gravy with Mash <small>V</small> Quorn roast with mash, sage and onion stuffing and gravy	Cauliflower and Lentil Jalfrezi and Rice <small>V</small> Lightly spiced cauliflower and lentil curry with rice	Cheese and Bean Wrap and Chips <small>V</small> Half a wholewheat wrap stuffed with baked beans and cheese
Packed Lunch	Pick and Mix Deli – Freshly Filled Sandwich or Roll, Healthy Snack, Home Bake and Piece of Fruit				
Jacket Potatoes	Jacket Potato with Toppings				
The Finale	Italian Crumble Cake <small>V</small> Crumble base filled with apples topped with even more crumble	Winter Sponge <small>V</small> Orange and cinnamon sponge with a twist!	Fruity Loaf <small>V</small> Mixed dried fruit cake with soft brown sugar and cinnamon	New York Cheesecake <small>V</small> Baked cheesecake with fruit topping	Lemon Cookie <small>V</small> Zesty lemon cookie with juicy fruit
▲ Meat ▼ Veggie ◆ Jacket Potato ■ Packed Lunch					
We offer seasonal vegetables, bread, yoghurt and fruit daily. <small>(Allergy information is available)</small>					

Aspens

Get in touch

Aspens are experts in school catering and have years of experience when it comes to school food. If you have any questions about our service, or any special dietary requirements - please get in touch. You can contact us via email on info@aspens-services.com or call on 01905 759613. You will also find a host of information on our website – www.aspens-services.co.uk