



Great tasting food that your children will love

Aspens is the company chosen by your school to provide the meal service. 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.

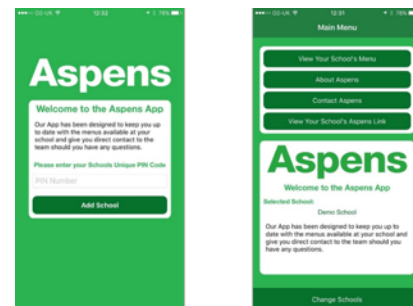
Free School Meals

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/carers 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

The Aspens App

This is ideal for parents to check out what's on offer for lunch with just a couple of presses on your smartphone. It's simple enough – just search for the app at the App Store, install, add the unique PIN relating to your particular school and you will be able to view the current menu. Ask a member of the team or at the school office for your number.



Spring/Summer 2019		FOOD FESTIVAL					By Aspens
		w/c 25th Feb, 18th Mar, 8th Apr, 29th Apr, 20th May, 10th Jun, 1st Jul, 22nd Jul, 12th Aug, 2nd Sept, 23rd Sep					
WEEK ONE		MONDAY Authentic Italian	TUESDAY Family Faves	WEDNESDAY Baking British	THURSDAY Food Festival	FRIDAY Fun Day	THEME DAYS
Main Event		Loaded Mac n Cheese and Garlic Focaccia Cheesy pasta with a herby breadcrumb topping and loads more ...	Bangers and Mash Thick pork and beef sausages with creamy mashed potato and gravy	Roast Beef and Gravy with Roasties Slow roasted beef with crispy roasties and gravy	Chinese Chicken Noodles Five spiced chicken with sweet chilli egg noodles	Golden Fish Fingers and Chips MSC pollock fish fingers with chips	Road Trip Wales
Vegetarian Section		Spring Veg Frittata and Garlic Focaccia Baked cheese and chive egg frittata packed with spring vegetables	Vegan Quorn Bangers and Mash Quorn sausages with creamy mashed potato and gravy	Cherry Tomato & Rocket Tart Pastry base filled with chunks of butternut squash, beetroot and red onion topped with cherry tomatoes and rocket with a citrus dressing	Sweet Potato Balti with Basmati Rice Lightly spiced sweet potato, chickpea and lentil curry with rice	Quorn Brunch Muffin Quorn patty with homemade tomato sauce and cheese in an English muffin with chips	Road Trip England
Packed Lunch							summer Party
Jacket Potatoes							
The Finale		Italian Orange Cake Zingy orange cake made with polenta	Banana Bread & Butter Pudding with Custard Layers of crusty bread, sliced banana and baked sweet egg custard	Honey Picnic Flapjack Home baked jumbo oats, plump sultanas and natural honey	Berry Eton Mess Crushed meringue and berry rippled cream	Cookie & Shake Oat Cookie & Chocolate Milkshake	We offer seasonal vegetables, bread, yoghurt and fruit daily. (allergy information is available)
		Pick and Mix Deli – Freshly Filled Sandwich or Roll, Healthy Snack, Home Bake and Piece of Fruit Crispy Skin Jacket Potato with Toppings					
		▲ Meat ▼ Veggie ● Jacket Potato ■ Packed Lunch					

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.com

WWW.ASPENS-SERVICES.COM

