



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

Aspens has been chosen to provide the meal service at your child's school. Take a look below for a glimpse at a typical menu...

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 | | FOOD FESTIVAL LUNCHTIME <small>By Aspens</small> | | | | | WORLD Week 1 Halal |
|------------------|--|---|---|---|---|--------------------------------|---|
| | Spring/Summer 2024: 1922, 1103, 1/4, 224, 1305, 316, 246, 15/7 | THE MAIN EVENT <i>Meat-free</i> | MEAT-FREE MAGIC <i>Vegetarian Dish</i> | RAINBOW ALLEY <i>Vegetarian and Pasta</i> | BIG TOPPING <i>Meat-free</i> | DESSERT TROLLEY | SALAD, BREAD, YOGHURT AND FRUIT. APPEARING DAILY |
| MONDAY | | Beef Burger & Hand Cut Potato Wedges | Homemade Veggie Burger & Hand Cut Potato Wedges | Sweetcorn | Jacket Potato with Beans or Cheese or both | Fresh Melon & Pineapple Sticks | DAILY ROLLED ROLLS AVAILABLE |
| TUESDAY | | Chicken Tikka Pizza Slice | Margherita Pizza Slice | Coleslaw & Salad | Jacket Potato with Tuna Mayo or Cheese | Strawberry Frozen Yoghurt | PASTA TWIRLER AVAILABLE EVERY DAY |
| WEDNESDAY | | Roast Chicken, Stuffing, Roast Potatoes & Gravy | Cauliflower & Broccoli Cheddar Bake with Roast Potatoes | Carrots & Peas | Jacket Potato with Beans or Cheese or both | Tutti Frutti Jelly Pots | Topped Pasta Hot Pasta topped with Homemade Tomato Sauce & Cheese |
| THURSDAY | | Halain Sticky Vegetable & Noodle Stir Fry | Sweet & Sour Vegetables with Wholegrain Rice | Green Beans | Jacket Potato with Cheese or Chicken Tikka Mayo | Carrot Peeling Cake | |
| FRIDAY | | Golden Fish Fingers or Salmon Fingers & Chips | Homemade Cheesy Leek Sausage & Chips | Baked Beans | Jacket Potato with Beans or Cheese or both | Marble Cookies | |

FUN THEME DAYS

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!



NOT JUST GREAT TASTING 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.



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.

HELP YOUR KIDS SOAR WITH A FREE SCHOOL MEAL!
Available to EVERY primary school child in London.

ABC
2+2=4
DNA
Fuel your child with energy!

Ask at the office to find out more!

Save money, Save time, Save hassle.

Don't let your child miss out!



For more information and to check if your child can get free school meals, even after year 2, please visit this website - www.gov.uk/apply-free-school-meals or scan the QR code on the left.

If eligible, 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.



CONTACT US

E: info@aspens-services.com
w: www.aspens-services.co.uk

