



CATERING, CLEANING & CONSULTANCY SERVICES



Aspens is the company chosen by your school to provide the new 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.

Great tasting food that your children will love

We know that our menus are good and lots of children enjoy one of our meals every day. But take a look at the other reasons why our meals are great:

- We are proud to support British farmers and producers and we take the sourcing of our ingredients seriously.
- Buying local, British produce enables us to support our farmers and invest in our local communities.
- We have awards from the British Hen Welfare Trust and Compassion in World Farming for our use of free range eggs.
- We make sure we have the freshest and highest quality produce on our menu.
- We buy Red Tractor, farm assured meat and poultry.
- Our menus don't contain any undesirable additives, hydrogenated fats or GM ingredients.

Just as you'd expect, you can trust us to provide meals which meet the Government's School Food Standards. Our menus are full of protein, whole grain rice and pasta, and vitamin-packed fresh fruits and vegetables to ensure your child has the fuel to perform academically throughout the school day.

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.

New online payment system

I am delighted to inform you that we will be introducing a new online payment system. The purpose of this system means that you can:

- Order your child/children's preferred menu choice in advance
- Pay for school lunches via the system, or just pre-book meals if your child/children are entitled to free school meals
- Take advantage of 'bulk buy' offers
- Order a day at a time, per week or even for a month in advance from the beginning of each term
- You can register more than one child per school

How to register:

Below is the link to our website to register your child/children with the codes you have been provided with

Website link: <https://select.aspens-services.com>

Enter the School Code

We hope you enjoy our system!

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.

Menu

Autumn 2018

w/c 5th Nov, 26th Nov, 17th Dec, 7th Jan, 28th Jan, 18th Feb

WEEK 1	Monday	Tuesday	Wednesday	Thursday	Friday
	Vegetarian Brunch Handmade vegetable pattie, fittata, beans & tomato Brunch (Meat) Handmade pork pattie, fittata, beans & tomato Pineapple Upside Down Cake	Cauliflower & Broccoli Cheese with herby bread Beef Lasagne	Quorn Roast with gravy & potatoes Roast Chicken with stuffing, gravy & potatoes Cheese & Crackers with fruit	Pasta Bar with selection of homemade sauces Tomato & Basil Beef Bolognese Carbonara with Ham Winter Sponge	Mini Cheese Pinwheel with chips & tomato sauce Golden Fish Fingers (Cod & Salmon) with chips Apple Flapjack

w/c 12th Nov, 3rd Dec, 24th Dec, 14th Jan, 4th Feb, 25th Feb

WEEK 2	Monday	Tuesday	Wednesday	Thursday	Friday
	Sweet Potato & Chickpea Curry with wholemeal rice Pork Sausage with mash & gravy Carrot Muffin	Cheese, Potato & Leek Bake with baked beans BBQ Chicken Burrito	Shepherdess Hotpot with gravy Roast Pork with gravy & potatoes Fruit Crumble with custard	Macaroni Cheese with herby bread Chicken Curry with wholemeal rice Chocolate Crunch	Quorn Mealball Sub with homemade tomato sauce Battered Fish with chips Sultana and Oat Cookie with fruit slices

w/c 19th Nov, 10th Dec, 31st Dec, 21st Jan, 11th Feb

WEEK 3	Monday	Tuesday	Wednesday	Thursday	Friday
	Homemade Pizza vegetarian toppings Homemade Pizza meat toppings Shortbread Biscuit with fruit slices	Vegetable Lasagne Chicken & Vegetable Pie with mash Tutti Frutti Tuesday Yoghurt, fruit & crunchiness toppings	Quorn Toad in the Hole with gravy & potatoes Roast Turkey with stuffing, gravy & potatoes Apple & Banana Cake with custard	Crispy Topped Vegetarian Pie Homemade Beefburger with oven baked wedges Winterberry Cheesecake	Cheese & Bean Wrap with chips Golden Fish Fingers (Cod & Salmon) with chips Jamaican Ginger Cake

Sweet Daily
A baked jacket potato with a choice of toppings

Aspens

Meat
Veggie
Jacket Potato

BUBBLE

Option 1

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