



CATERING, CLEANING & CONSULTANCY SERVICES



Great tasting food that your children will love

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



Hello from Bubble and Squeak

Bubble and Squeak are our school meal characters - chosen by a group of pupils at St Andrews Junior School in North Somerset.

The children picked them simply because they made them feel happy and would help them enjoy their school lunch. What more could we ask for?

Watch out for them over the coming months. They will be featured in lots of fun things for your children to do and they will help to educate them around the importance of eating well.

Sample menu

Summer 2018

Choose our **daily packed lunch** with a sandwich or roll with a range of fillings, healthy snack, home baked cake and piece of fruit.

Week 1
16th April, 7th May, 28th May, 18th June, 9th July 2018

Monday	Tuesday	Wednesday	Thursday	Friday
▲ Sausage & Mash with gravy	▲ Pizza Day Meat toppings	▲ Roast Chicken with stuffing gravy and potatoes	▲ Lasagne	Fishcake with chips and tomato sauce
▼ Sweet Potato & Chickpea Curry with wholegrain rice	▼ Pizza Day Veggie toppings	▼ Broccoli & Cauliflower Cheese Crumble	▼ Bean & Vegetable Chilli with wholegrain rice and baked nachos	▼ Quorn Dog with chips and tomato sauce
Custard Biscuit with fruit slices	Sticky Toffee & Banana Pudding	Carrot Cake	Berry Cheesecake	Chocolate Brownie Surprise

Week 2
23rd April, 14th May, 4th June, 25th June, 16th July 2018

Monday	Tuesday	Wednesday	Thursday	Friday
▲ All Day Breakfast Pork sausage, bacon, hash brown, tomato, baked beans	▲ Beef Bolognese with wholemeal penne pasta	▲ Roast Gammon with pineapple and oven baked wedges	▲ Chicken Curry with wholegrain rice	Battered Fish with chips
▼ Veg - All Day Breakfast Quorn sausage, hash brown, tomato, baked beans	▼ Cheese, Leek & Potato Bake with beans	▼ Vegetable & Bean Wrap	▼ Cheese & Tomato Pinwheel with oven baked wedges	▼ Roasted Vegetable Pasta Bake
Shortbread Biscuit with fruit slices	Iced Fruit Sponge	Apple Pie with custard	Chocolate Krispie	Fruity Jelly Mousse

Week 3
9th April, 30th April, 21st May, 11th June, 2nd July, 23rd July 2018

Monday	Tuesday	Wednesday	Thursday	Friday
▲ Chicken Noodles	▲ Beef Burger in a Bun with oven baked potato wedges	▲ Roast Pork with apple sauce, gravy and potatoes	▲ Chicken & Roasted Vegetable Pasta Bake	Salmon Fish Fingers with chips
▼ Baked Bean & Cheese Wrap	▼ Veggie Bolognese with wholemeal pasta	▼ Quorn Roast with gravy and potatoes	▼ Homemade Vegetable Burger with oven baked wedges	▼ Macaroni Cheese with herby bread
Strawberry Mousse	Fruit Crumble with custard	Sultana and Oat Cookie with fruit slices	Fruit Jelly with ice cream	Chocolate Crunch

Served Daily
A baked jacket potato with a choice of toppings

Option 1

- ▲ Meat
- ▼ Veggie
- Jacket Potato
- ◆ Packed Lunch

We offer seasonal vegetables, bread, yoghurt and fruit daily. (allergy information is available)

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.com



WWW.ASPENS-SERVICES.COM