



# 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.

## FRESH THINKING AND HEALTHY EATING

We take our responsibility of catering for today's children and young adults seriously. Our dishes are prepared fresh every day, using high-quality, seasonal ingredients that are responsibly sourced. Our trusted suppliers and traceable supply chain can ensure the provenance of all produce.

Our dishes are created and served by experienced and enthusiastic teams who care about both what's on the plate and the message behind it.

It's about helping children build a positive relationship with eating, and supporting their ongoing food and nutrition journey.


## MEANINGFUL MEALTIMES

We believe school meal times are the best time of the day and a chance for children to eat nutritious and delicious food, learn and create great school food memories.

What really brings the dining experience to life are our fun and engaging theme days! Based around school curriculum topics to enrich your child's learning and support the wider school experience.

Our staff may dress up and decorate the counter to serve something deliciously different on the menu - as the provider we are proud to play a part in your child's school journey!

### SAMPLE MENU

		LUNCHTIME				
		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>FOOD FESTIVAL</b> WEEK 4 Autumn Winter 2021/22 01/09/21, 22/09/21, 13/10/21, 03/11/21, 24/11/21, 15/12/21, 05/01/22, 16/01/22, 16/02/22, 05/03/22, 16/03/22	<b>MAIN EVENT</b>	Cheese and Tomato Pizza Slice with Wedges	Meatball Marinara Pasta	Roast Chicken, Stuffing, Skin on Roasties and Gravy	Bangers, Mash and Gravy	Golden Fish Fingers or Salmon Fingers and Chips
	<b>MEAT-FREE MAGIC</b>	Baked Sweetcorn Fritters with Wedges	Pea Frittata with Pasta Salad	Roasted Vegetable Strudel, Skin on Roasties and Gravy	Veggie Bangers, Mash and Gravy	Cheesy Bean Wrap with Chips
	<b>RAINBOW ALLEY</b>	Vegetable Sticks	Mixed Salad	Carrots and Cabbage	Mixed Greens	Peas
	<b>BIG TOPPING</b>	Beans, Cheese or Tuna Mayo	Beans, Cheese or Tuna Mayo	Beans, Cheese or Tuna Mayo	Beans, Cheese or Tuna Mayo	Beans, Cheese or Tuna Mayo
	<b>DESSERT TROLLEY</b>	Butterfly Pastry Biscuits	Strawberry and Pineapple Jelly	Banana Bread and Custard	Apple Cinnamon Buns	Lemon Drizzle Cake
What impact has your meal had on planet Earth today? 		<b>AVAILABLE DAILY</b> DAILY SALAD BOWL, FREELY BAKED BREAD, YOGURT AND CUT FRUIT				

## Theme Days That Spark Imagination

As part of our commitment to food safety, our theme days include a Top 14 Allergen-Free menu, so all students can enjoy the fun and flavour safely.

Ask your school for more information.



## MORE THAN JUST GREAT TASTING FOOD

Choosing a school meal for your child can make a real difference - not just to their health, but to their whole school experience. When children eat the same meal as their friends, they're more likely to try new foods, feel more confident and it's a great opportunity to socialise and feel part of the school community.

School meals provide the fuel children need to concentrate in class, stay focused, and feel ready to learn. That's why we're proud to serve fresh, nutritious meals every day - giving your child the fuel they need for a great day at school.



## SPECIAL DIETS AND FOOD ALLERGIES!

Don't worry if your child has a special diet, allergies, intolerances or dietary needs due to religious or cultural reasons - this is an important part of what we do. We already cater for lots of children with dietary requirements and follow strict food safety procedures.

We are proud to be a Corporate Partner of The Natasha Allergy Research Foundation. It is the only UK-based charity that funds medical research into the causes and preventions of food allergies. The mission of the charity is to make allergy history - starting with food allergies.

**HELP YOUR KIDS SOAR WITH A SCHOOL MEAL!**  
And it could be FREE!! Check to see if your child is now eligible.

**Ask at the office to find out more!**

All Reception, Year 1 and Year 2 meals are FREE!

Save money, Save time, Save hassle.

Fuel your child with energy!

2+2=4

Please visit - [www.gov.uk/apply-free-school-meals](http://www.gov.uk/apply-free-school-meals) or scan the QR code on the left.

FOOD FESTIVAL  
by Aspens

# MEET THE PLANET HEROES

Our Planet Heroes are here to make every school meal a powerful step toward better health and a better planet. These mighty heroes spotlight dishes packed with our nutritious choice, made from low CO<sub>2</sub> ingredients (tracked through the Klimato scale), plant-based or energy-efficient eats.

When your child chooses a school meal, they're joining a mission to make smarter food choices, support sustainability, and build habits that last a lifetime.

Making Every Bite Count!



I'M POWER HERO!



I'M PLANT HERO!



I'M HEART HERO!



I'M ECO HERO!

Want to make a big difference with your meal today? Come try a dish, especially those rated 'A', 'B', or 'C'!



### CONTACT US

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