



## 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 for 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 have introduced 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
- 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>

**It is important that you order your child's meal prior to 9am each day. This will not only ensure they receive lunch each day but also a meal of their choice avoiding disappointment and ensuring they are energised and ready to learn during their afternoon sessions.**

We hope you enjoy our system!

## Free school meals

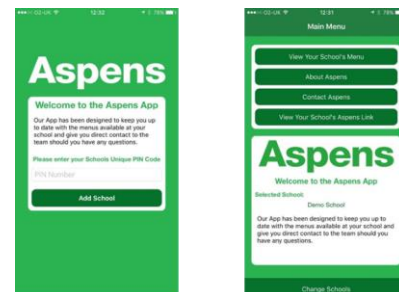
All children that are in Reception, Year 1 and Year 2 are entitled to receive UNIVERSAL FREE SCHOOL MEALS! We think it's a fantastic idea so please make sure you support this initiative. Not only will you be saving money, but you will also be giving your child a nutritionally balanced meal to fuel their 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.

## 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.

## Sample menu



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 Backing British	THURSDAY Food Festival	FRIDAY Fun Day
<b>Main Event</b>	<b>Loaded Mac n Cheese and Garlic Focaccia</b> Cheesy pasta with a herby breadcrumb topping and loads more ...	<b>Bangers and Mash</b> Thick pork and beef sausages with creamy mashed potato and gravy	<b>Roast Beef and Gravy with Roasties</b> Slow roasted beef with crispy roasties and gravy	<b>Chinese Chicken Noodles</b> Five spiced chicken with sweet chilli egg noodles	<b>Golden Fish Fingers and Chips</b> MSC pollock fish fingers with chips
<b>Vegetarian Section</b>	<b>Spring Veg Frittata and Garlic Focaccia</b> Baked cheese and chive egg frittata packed with spring vegetables	<b>Vegan Quorn Bangers and Mash</b> Quorn sausages with creamy mashed potato and gravy	<b>Cherry Tomato &amp; Rocket Tart</b> Pastry base filled with chunks of butternut squash, beetroot and red onion topped with cherry tomatoes and rocket with a citrus dressing	<b>Sweet Potato Balli with Basmati Rice</b> Lightly spiced sweet potato, chickpea and lentil curry with rice	<b>Quorn Brunch Muffin</b> Quorn patty with homemade tomato sauce and cheese in an English muffin with chips
<b>Packed Lunch</b>	<b>Pick and Mix Deli – Freshly Filled Sandwich or Roll, Healthy Snack, Home Bake and Piece of Fruit</b>				
<b>Jacket Potatoes</b>	<b>Crispy Skin Jacket Potato with Toppings</b>				
<b>The Finale</b>	<b>Italian Orange Cake</b> Zingy orange cake made with polenta	<b>Banana Bread &amp; Butter Pudding with Custard</b> Layers of crusty bread, sliced banana and baked sweet egg custard	<b>Honey Picnic Flapjack</b> Home baked jumbo oats, plump sultanas and natural honey	<b>Berry Eton Mess</b> Crushed meringue and berry rippled cream	<b>Cookie &amp; Shake</b> Oat Cookie & Chocolate Milkshake

THEME DAYS

Road Trip Wales

Road Trip England

Summer Party

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

Aspens

Meat Veggie Jacket Potato Packed Lunch

Spring/Summer  
2019

# FOOD FESTIVAL

By Aspens

w/c 4th Mar, 25th Mar, 15th Apr, 6th May, 27th May, 17th Jun, 8th Jul, 29th Jul, 19th Aug, 9th Sept, 30th Sept

## WEEK TWO

	MONDAY Authentic Italian	TUESDAY Family Faves	WEDNESDAY Backing British	THURSDAY Food Festival	FRIDAY Fun Day
<b>Main Event</b>	<b>Cheesy Mozzarella Pizza</b> Wholemeal rich pizza base topped with fresh tomatoes and basil served with oven baked potato wedges	<b>Beef Bolognese and Spaghetti</b> Lean minced beef with garlic and traditional tomato sauce with spaghetti	<b>Lemon Roast Chicken and Roasties</b> Chicken fillets roasted with lemon with crispy roasties, sage and onion stuffing and gravy	<b>All American Turkey Twist Burger and Wedges</b> Lean minced turkey patty with BBQ sauce in a bun with lime potato wedges	<b>Crispy Battered Fish and Chips</b> MSC fillet of lightly battered fish with chips
<b>Vegetarian Section</b>	<b>Wholemeal Penne Pasta Neapolitan</b> Freshly cooked pasta with chunky tomato sauce	<b>Cheddar Cheese and Spinach Quiche with New Potatoes</b> Baked pastry case filled with red onion, baby spinach, tomatoes and cheese with new potatoes	<b>Quorn Roast and Roasties</b> Quorn Roast with crispy roasties, sage and onion stuffing and gravy	<b>Chunky Chilli Tacos</b> Fajita spiced mixed beans and peppers with tangy salsa and crispy taco shell	<b>Picnic Pita</b> Fresh pitta pocket stuffed with a Quorn dippers and minty cucumber salad with chips
<b>Packed Lunch</b>	<b>Pick and Mix Deli – Freshly Filled Sandwich or Roll, Healthy Snack, Home Bake and Piece of Fruit</b>				
<b>Jacket Potatoes</b>	<b>Crispy Skin Jacket Potato with Toppings</b>				
<b>The Finale</b>	<b>Tiramisu Trifle Pot</b> Soft cheese, cream, layered with sponge and chocolate	<b>Toffee Apple Tart and Custard</b> Baked pastry case filled with apples topped with cornflakes	<b>Ice Cream Tub</b> Vanilla ice cream with fruity toppings	<b>Mini Chocolate Brownie</b> Reduced sugar chocolate brownie served with a fresh orange wedge	<b>Cookie and Shake</b> Ginger Cookie and Vanilla Honey Shake

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Summer Party

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Aspens

Meat Veggie Jacket Potato Packed Lunch

Spring/Summer 2019

# FOOD FESTIVAL

By Aspens

w/c 11th Mar, 1st Apr, 22nd Apr, 13th May, 3rd Jun, 24th Jun, 15th Jul, 5th Aug, 26th Aug, 16th Sept

## WEEK THREE

	MONDAY Authentic Italian	TUESDAY Family Faves	WEDNESDAY Backing British	THURSDAY Food Festival	FRIDAY Fun Day
<b>Main Event</b>	<b>Broccoli and Salmon Pasta Bake</b> Flaked salmon and fresh broccoli with pasta baked in a tomato and basil sauce	<b>Root Mash Topped Cottage Pie</b> Lean minced beef and onion gravy topped with carrot and swede mash	<b>Gammon and Roasties</b> Slow roasted gammon with sticky pineapple pieces and crispy roasties	<b>Punjabi Butter Chicken and Rice</b> Marinated chicken thigh pieces in a buttery curry sauce with rice	<b>Golden Fish Fingers and Chips</b> MSC Pollock Fish Fingers with chips
<b>Vegetarian Section</b>	<b>Firecracker Pizza and Wedges</b> Wholemeal rich pizza base topped with chilli spiced peppers served with oven baked potato herby wedges	<b>Smokey Quorn Meatballs and Rice</b> Garlic, lime and coriander Quorn meatballs with turmeric yellow rice	<b>Super Green Veggie Lasagne</b> Spinach, courgette, pea, mint and basil layered with sheets of lasagne and soft cheese	<b>Butternut Squash Risotto</b> Roasted butternut squash, rosemary, mixed beans and cooked with rice	<b>Cheese and Marmite Muffin with Chips</b> Savoury wholemeal muffin with cheese, cherry tomatoes and marmite with chips
<b>Packed Lunch</b>	<b>Pick and Mix Deli – Freshly Filled Sandwich or Roll, Healthy Snack, Home Bake and Piece of Fruit</b>				
<b>Jacket Potatoes</b>	<b>Crispy Skin Jacket Potato with Toppings</b>				
<b>The Finale</b>	<b>Apricot Biscotti and Lemon Yoghurt</b> Twice cooked Italian style apricot biscuit with lemon yoghurt	<b>Butterscotch Tart</b> Homemade butterscotch sauce in a baked pastry case	<b>Magic Chocolate Pudding</b> Baked self-saucing chocolate sponge pudding	<b>Carrot and Pineapple Muffin</b> Carrot and pineapple muffin spiced with cinnamon	<b>Cookie and Shake</b> Lemon Cookie and Berry Milkshake

**THEME DAYS**

Road Trip Wales

Road Trip England

Summer Party

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

**Aspens**

▲ 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](mailto:info@aspens-services.com) or call on 01905 759613. You will also find a host of information on our website – [www.aspens-services.com](http://www.aspens-services.com)