

# New Catering Service from September 2018



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.

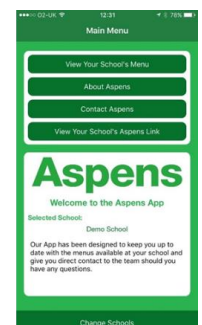
## Free School Meals

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 apply online with Cambridgeshire County Council at: <https://www.cambridgeshire.gov.uk/residents/children-and-families/schools-&-learning/help-with-school-&-learning-costs/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.

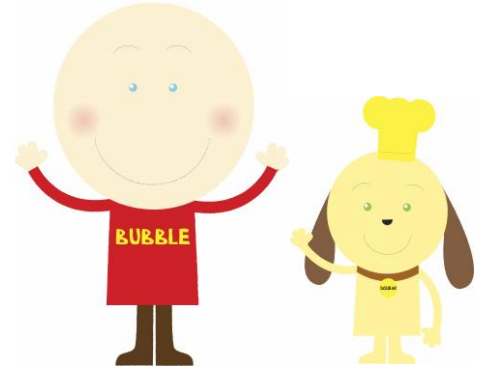


## Hello from Bubble and Squeak

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 2017

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

		17 <sup>th</sup> April, 8 <sup>th</sup> May, 29 <sup>th</sup> May, 19 <sup>th</sup> June, 10 <sup>th</sup> July 2017				
WEEK 1	Monday	Tuesday	Wednesday	Thursday	Friday	
		▲ Sausage & Mash with gravy v Sweet Potato & Chickpea Curry with wholegrain rice Fruity Ice Cream Sundae	▲ Pizza Day v choose from a range of toppings Coconut Baked Rice Pudding & Jam	▲ Roast Chicken with stuffing gravy and potatoes v Broccoli & Cauliflower Cheese Crumble Carrot Cake	▲ Lasagne v Bean & Vegetable Chilli with wholegrain rice and baked nachos Berry Cheesecake	Fishcake with chips and tomato sauce v Quorn Dog with chips and tomato sauce Chocolate Brownie Surprise
		24 <sup>th</sup> April, 15 <sup>th</sup> May, 5 <sup>th</sup> June, 26 <sup>th</sup> June, 17 <sup>th</sup> July 2017				
WEEK 2	Monday	Tuesday	Wednesday	Thursday	Friday	
		▲ All Day Breakfast v Pork or Quorn sausage, bacon, hash brown, tomato and baked beans Shortbread Biscuit with fruit slices	▲ Beef Bolognese with wholemeal penne pasta v Cheese, Leek & Potato Bake with beans v Iced Fruit Sponge	▲ Roast Gammon with pineapple and oven baked wedges v Vegetable & Bean Wrap Peach & Apple Crumble with custard	▲ Chicken Curry with wholegrain rice v Cheese & Tomato Pinwheel with oven baked wedges Fruity Jelly Mousse	Battered Fish with chips v Roasted Vegetable Omelette with chips Chocolate Krispie
		1 <sup>st</sup> May, 22 <sup>nd</sup> May, 12 <sup>th</sup> June, 3 <sup>rd</sup> July, 24 <sup>th</sup> July 2017				
WEEK 3	Monday	Tuesday	Wednesday	Thursday	Friday	
		▲ Chicken Noodles v Baked Bean & Cheese Wrap Strawberry Mousse	▲ Beef Burger in a Bun with oven baked potato wedges v Veggie Bolognese with wholemeal pasta Fruit Crumble with Custard	▲ Roast Pork with apple sauce, gravy and potatoes v Quorn Roast with gravy and potatoes Sultana and Oat Cookie	▲ Creamy Carbonara with wholemeal pasta v Homemade Vegetable Burger with oven baked wedges Fruit Jelly with ice cream	Salmon Fish Fingers with chips v Macaroni Cheese with herby bread Chocolate Crunch

**Served Daily**  
A baked jacket potato with a choice of toppings

Option 1

▲ Meat  
v Veggie  
■ Jacket Potato  
◆ Packed Lunch

**Aspens**

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

## 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)

