

Aspire Academy Trust is delighted to introduce Aspire Catering Services. Overleaf is our Autumn Term Menu 2020.

Our aim is to ensure that all of our children can access a varied menu of fresh, home-cooked and nutritionally balanced meals every day. All of our dishes are carefully created to ensure they are nutritious, delicious and not only comply with, but exceed, the School Food Standards, as set out by the Government and Ofsted.

Our Catering Team will be creating exciting and engaging workshops for our pupils and wider school community. Our pupil activities will complement the curriculum of each academy and take a 'Whole School' approach to food and catering.

We are working hard to create a culture of sustainability across the Trust by eliminating single use plastics, reducing our food waste and engaging with our suppliers to reduce our carbon footprint.

We are proud of our Cornish heritage and are delighted to be working with local suppliers for all our produce to ensure that we keep our food miles low and support our local communities.

We are excited to bring this service to and welcome all of our pupils and parents to join us in our mission to provide 'Food for Thought'.

Jacket Potatoes are available with a choice of fillings. Please see menu

Fresh Homemade Bread is available daily.

Children are encouraged to try and eat a RAINBOW of colours daily.



A choice of Yoghurt or Fruit is available as an additional dessert daily.

Fresh drinking water is freely available.

If your child has additional dietary needs please speak to the school office

Aspire Catering Services
Aspire Academy Trust
Unit 20
St Austell Business Park
Carclaze, St Austell,
Cornwall,
PL25 4FD



Aspire
Catering
Services

Food for
Thought

Autumn Term
Menu 2020
£2.35

Week 1

W/B: 3/9/2020, 21/9/2020, 12/10/2020, 9/11/2020, 30/11/2020

MEATFREE MONDAY

Cheese & Tomato Pizza

Or



Jacket Potato & Beans

Yoghurt or Fruit Pot

Sausage Pasta Bake

Or Cheesy Pasta Bake

Or Jacket Potato & Tuna Crunch

Shortbread



Roast Gammon

Or

Quorn Roast

Roast Potatoes & Yorkshire Pudding

Seasonal Vegetables

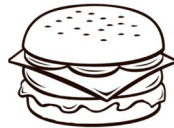
Ice Cream

Burger & Homemade Wedges

Or

Veggie Burger

JP with Tuna Crunch



Victoria Sponge

Fish Fingers

Or

Quorn Dippers

Chips

Chocolate Sponge



THURSDAY

FISH FRIDAY

Week 2

W/B: 7/9/2020, 28/9/2020, 19/10/2020, 16/11/2020, 7/12/2020

MEATFREE MONDAY

Mac Cheese

Or



Jacket Potato and Cheese

Yoghurt or Fruit

Chicken Curry with Rice

Or

Vegetable Curry or

Jacket Potato with Cheese

Lemon Drizzle Cake

Roast Turkey

Or

Quorn Roast



Roast Potatoes & Yorkshire Pudding

Seasonal Vegetables

Smoothie

Hot Dog

Or

Vegetarian Sausage

Homemade Wedges

Flapjack

Fish and Chips

Or

Cheese and Bean Wrap

Chips

Cookie



TUESDAY

ROAST WEDNESDAY

THURSDAY

FISH FRIDAY

Week 3

W/B: 14/9/2020, 5/10/2020, 2/11/2020, 23/11/2020, 14/12/2020

MEATFREE MONDAY

Ham and Tomato Pizza

Or

Jacket Potato and

Cowboy Beans

Yoghurt or Fruit Pot



Sweet & Sour Chicken

Or

Sweet & Sour Vegetables With Rice

Or Jacket Potato with Cheese

Apple Cake

Roast Pork

Or

Quorn Roast

Roast Potatoes & Yorkshire Pudding

Seasonal Vegetables

Ice Cream

All Day Breakfast

Or

Veggie Breakfast

Jacket Potato with Beans or Sausage

Rice Crispy Slice

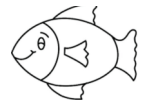
Fishcakes

Or

Vegetable Dippers

Chips

Pear and Chocolate Cake



TUESDAY

ROAST WEDNESDAY

THURSDAY

FISH FRIDAY