

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 (Ham, Tuna, Cheese or Beans) Monday, Tuesday and Thursday.

Fresh Homemade Bread is available daily as is a Salad Bar.

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

Take Away  
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

Chocolate Sponge



ROAST WEDNESDAY

Take Away Roast Gammon

Or

Quorn Roast

Roast Potatoes & Yorkshire Pudding

Seasonal Vegetables

Ice Cream

THURSDAY

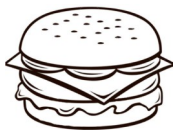
Burger & Homemade Wedges

Or

Veggie Burger

JP with Tuna Crunch

Victoria Sponge



FISH FRIDAY

Fish Fingers

Or

Quorn Dippers

Chips

Shortbread



## 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

TUESDAY

Chicken Curry with Rice

Or

Vegetable Curry or

Jacket Potato with Cheese

Lemon Drizzle Cake

ROAST WEDNESDAY

Take Away Roast Turkey

Or

Quorn Roast

Roast Potatoes & Yorkshire Pudding

Seasonal Vegetables

Smoothie



THURSDAY

Hot Dog

Or

Vegetarian Sausage

Homemade Wedges

Flapjack

FISH FRIDAY

Take Away Fish and Chips

Or

Cheese and Bean Wrap

Chips

Cookie



## Week 3

W/B: 14/9/2020, 7/10/2020, 5/11/2020, 2/11/2020,  
23/11/20, 14/12/2020

MEATFREE MONDAY

Ham and Tomato Pizza

Or

Jacket Potato and

Cowboy Beans

Yoghurt or Fruit Pot



TUESDAY

Sweet & Sour Chicken

Or

Sweet & Sour Vegetables With Rice

Or Jacket Potato with Cheese

Apple Cake

ROAST WEDNESDAY

Take Away Roast Pork

Or

Quorn Roast

Roast Potatoes & Yorkshire Pudding

Seasonal Vegetables

Ice Cream

THURSDAY

All Day Breakfast Box

Or

Veggie Breakfast

Jacket Potato with Beans or Sausage

Rice Crispy Slice

FISH FRIDAY

Fishcakes

Or

Vegetable Dippers

Chips

Pear and Chocolate Cake

