

Aspire Academy Trust is delighted to introduce Aspire Catering Services.

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 new service to our Trust 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, Thursday & Friday.

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.

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

## Aspire Catering Services

### Allergens Autumn Term Menu



### Food for Thought

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

## Week 1

### Monday

Cheese & Tomato Pizza G, D or  
Pasta with Super Hero Tomato Sauce A, F  
Homemade Coleslaw E, G, G  
Yoghurt or Fruit DAIRY



### Tuesday

Cornish Sausage in a Roll G or  
Vegetarian Sausage in a Roll G, S  
Homemade Jacket Wedges  
Seasonal Vegetables  
St Clement Cake G, E, PD

### Wednesday

Roast Chicken A, F or  
Quorn Roast S, PD (CHECK)  
Roast Potatoes & Yorkshire Pudding G, D  
Seasonal Vegetables  
Chocolate Sponge Pudding with Chocolate Custard  
G, E, PD



### Thursday

Chicken Noodle Stir Fry or  
Vegetable Pasta Bake G, D  
Seasonal Vegetables  
Carrot Cake E



### Friday

Battered Fish F, G or  
Vegetable Crustless Quiche E, D  
Chips A, F  
Seasonal Vegetables  
Strawberry Mousse D



## Week 2

### Monday

Vegetable Lasagna G, D or  
Tuna & Tomato Bake G, D, F  
Garlic Bread G, D  
Seasonal Vegetables  
Gingerbread Cookie G, PD

### Tuesday

Chicken Pie G or  
Creamy Pesto Pasta D  
Mashed Potato PD  
Seasonal Vegetables  
Banana Bread G, E, PD

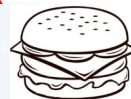


### Wednesday

Roast Beef A, F or  
Cauliflower Cheese D  
Roast Potatoes & Yorkshire Pudding G, D  
Seasonal Vegetables  
Apple & Berry Crumble with Custard G, PD

### Thursday

Build Your Own Beef Burger G or  
Vegetable Burger CHECK BOX  
Jacket Wedges A, F  
Seasonal Vegetables  
Crispy Slice & Melon G, PD



### Friday

Fish Fingers F, G or  
Vegetable Dippers  
Chips A, F  
Seasonal Vegetables  
Frozen Smoothie A, F

## Week 3

### Monday

Macaroni Cheese G, D or  
Vegetable Pasta Bake , D  
Seasonal Vegetables  
Shortbread G, PD



### Tuesday

Mild Chicken Curry PD or  
Vegetable Chilli A, F  
Wholegrain Rice A, F  
Seasonal Vegetables  
Apple Cake G, E, PD

### Wednesday

Roast Gammon A, F or  
Quorn Roast S, PD (CHECK)  
Roast Potatoes & Yorkshire Pudding G, D  
Seasonal Vegetables  
Fruit & Oat Slice with Custard G, D



### Thursday

All Day Breakfast D, E, G or  
Vegetarian All Day Breakfast S, E, D, G  
Beans, Mushrooms & Tomatoes A, F  
Ice Cream D

### Friday

Crispy Fish Tacos (Cod Goujon) F, G or  
Salmon Fishcake F, G  
Chips A, F  
Salad or Beans & Sweetcorn  
Jelly A, F

**Glossary:** G = Gluten D = Dairy PD = Possible Dairy (this is where there is a allergen free butter can be used instead) E = Egg F = Fish AF = Allergen free

We use dairy free butter where possible and non dairy free will only be used as an alternative. Vegan mayonnaise is routinely used also and is allergen free.

Remember this is a guide. It is your responsibility to check your products before using, manufacturers can change recipes without informing suppliers.

We can produce most meals allergy free, all gravies, bases, stocks are allergen free. All sites should have allergy free bread, pasta and desserts as standard stock.

Any concerns please contact Jo Wotton on: 07751 163775. All staff will be given a log in for ERUDUS which is our suppliers allergen checking platform.