

Week 1

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

MEATFREE MONDAY

Vegetable Pizza

Or

Cheese and Tomato Pizza

Homemade Potato Wedges

Seasonal Vegetables

Yoghurt or Fruit



Sausage and Mash

Or

Vegetarian Sausage

Onion Gravy

Seasonal Vegetables

Pancake and Fruit Compote



Roast Gammon

Or

Quorn Roast

Roast Potatoes & Yorkshire Pudding

Seasonal Vegetables

Jelly or Fruit

Mild Chicken Curry with
Wholegrain Rice

Or

Cheese and Onion

Filled Jacket Skins

Seasonal Vegetables

Shortbread Biscuit



Fish Fingers

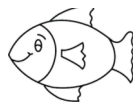
Or

Quorn Dippers

Chips

Beans or Peas

Chocolate Sponge and Chocolate
Custard



THURSDAY

ROAST WEDNESDAY

TUESDAY

MEATFREE MONDAY

Week 2

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

MEATFREE MONDAY

Mac Cheese

Or

Vegetable Pasta

Bake

Garlic Bread

Seasonal Vegetables

Yoghurt or Fruit



Cottage Pie

Or

Homity Pie

Seasonal Vegetables

Flapjack or Fruit

Roast Turkey

Or

Quorn Roast

Roast Potatoes & Yorkshire Pudding

Seasonal Vegetables

Ice Cream



All Day Breakfast

Or

Vegetarian Breakfast

Crispy Slice or Fruit

Battered MSC Fish

Or

Cheese and Bean Wrap

Chips

Beans and Peas

Angel Delight or Fruit



THURSDAY

ROAST WEDNESDAY

TUESDAY

MEATFREE MONDAY

Week 3

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

MEATFREE MONDAY

Vegetable Pizza

Or

Cheese and Tomato Pizza

Homemade Potato Wedges

Seasonal Vegetables

Yoghurt or Fruit



Beef Lasagna

Or

Vegetable Lasagna

Italian Herb Bread

Seasonal Vegetables

Banoffee Cheesecake



Roast Pork

Or

Quorn Roast

Roast Potatoes & Yorkshire Pudding

Seasonal Vegetables

Fruit Smoothie

Build a Burger

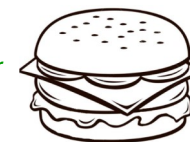
Or

Build a Bean Burger

Potato Wedges

Seasonal Vegetables

Baked Doughnut



Fishcakes

Or

Vegetable Dippers

Chips

Beans or Peas

Jelly or Fruit



THURSDAY

ROAST WEDNESDAY

TUESDAY

MEATFREE MONDAY

FISH FRIDAY

THURSDAY

ROAST WEDNESDAY

TUESDAY

MEATFREE MONDAY

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

Autumn Term
Menu 2020
£2.35