

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) Tuesday & 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 always 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

W/B: 4/9/19, 23/9/19, 14/10/19, 11/11/19, 2/12/19

### Monday

Cheese & Tomato Pizza G, D or  
Pasta with Super Hero Tomato Sauce AF  
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

### Wednesday

Roast Chicken AF or

Quorn Roast E, D

Roast Potatoes &

Yorkshire Pudding G, D, E

Seasonal Vegetables

Chocolate Sponge Pudding with Chocolate Custard G, E,



### 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 AF

Seasonal Vegetables

Strawberry Mousse D



## Week 2

9/9/19, 30/9/19, 28/10/19, 18/11/19, 9/12/19

### Monday

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

### Tuesday

Chicken Pie G or

Creamy Pesto Pasta D

Mashed Potato

Seasonal Vegetables

Banana Bread G, E



### Wednesday

Roast Beef AF or

Cauliflower Cheese D

Roast Potatoes &

Yorkshire Pudding G, D, E

Seasonal Vegetables

Apple & Berry Crumble with Custard G

### Thursday

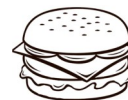
Build Your Own Beef Burger G or

Vegetable Burger G

Jacket Wedges AF

Seasonal Vegetables

Crispy Slice & Melon G



### Friday

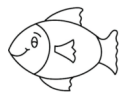
Fish Fingers F, G or

Vegetable Dippers G, M, E

Chips AF

Seasonal Vegetables

Frozen Smoothie AF



## Week 3

16/9/19, 7/10/19, 4/11/19, 25/11/19, 16/12/19

### Monday

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



### Tuesday

Mild Chicken Curry or

Vegetable Chilli AF

Wholegrain Rice AF

Seasonal Vegetables

Apple Cake G, E,

### Wednesday

Roast Gammon AF or

Quorn Roast E, D

Roast Potatoes &

Yorkshire Pudding G, D, E

Seasonal Vegetables

Fruit & Oat Slice with Custard G



### Thursday

All Day Breakfast D, E, G or

Vegetarian All Day Breakfast S, E, D, G

Beans, Mushrooms & Tomatoes AF

Ice Cream D

### Friday

Crispy Fish Tacos (Cod Goujon) F, G or

Salmon Fishcake F, G

Chips AF

Salad or Beans & Sweetcorn

Jelly AF

**Glossary: G = Gluten D = Dairy E = Egg F = Fish AF = Allergen free S = Soya**

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.