



CATERING, CLEANING & CONSULTANCY SERVICES



Aspens is the company chosen by your school to provide the new meal service. We specialise in providing catering to schools and colleges across the country.

The food children eat at school plays an important role in their wellbeing, and eating a well-balanced diet will not only maintain and improve their health, but will also set them on the right track for later life. We understand this and that's why we are passionate about serving fresh, high quality and locally sourced food that is cooked in our kitchen.

Responsible catering

At Aspens - we take our responsibility of catering for today's children and young adults seriously. All of our dishes are prepared everyday using quality, fresh and seasonal ingredients that are responsibly sourced.

As well as ensuring the food on the plate is healthy, we want our customers to understand the importance of eating the right foods and help them with their food and nutrition journey.

Great tasting food that your children will love

We know that our menus are good and lots of children enjoy one of our meals every day. But take a look at the other reasons why our meals are great:

- We are proud to support British farmers and producers and we take the sourcing of our ingredients seriously.
- Buying local, British produce enables us to support our farmers and invest in our local communities.
- We have awards from the British Hen Welfare Trust and Compassion in World Farming for our use of free range eggs.
- We make sure we have the freshest and highest quality produce on our menu.
- We buy Red Tractor, farm assured meat and poultry.
- Our menus don't contain any undesirable additives, hydrogenated fats or GM ingredients.

Just as you'd expect, you can trust us to provide meals which meet the Government's School Food Standards. Our menus are full of protein, whole grain rice and pasta, and vitamin-packed fresh fruits and vegetables to ensure your child has the fuel to perform academically throughout the school day.

Special diets and food allergens

Don't think that your child can't enjoy our great food if they have a special diet - they are an important part of our catering service. We can provide food if they have an intolerance, an allergy, or require an alternative choice due to religious beliefs.

Legislation requires caterers to provide allergen information on food sold that is served 'unpackaged'. Aspens already cater for lots of children with allergies and we regularly check the information from suppliers to see if there have been any ingredient changes. It is still important that our customers talk to us so we can work together and continue to provide meals that are safe for them to eat.

New online payment system

We will be introducing a new online payment system. Parents or carers for pupils will be able to pre-book and pay for school lunches via the Aspens online system, or just pre-book meals if you are entitled to free school meals. The Aspens system is flexible as it allows you to order a day at a time, per week or even for a month in advance.

To help you get familiar with the new system, we have developed a tutorial to watch so you can see how user friendly it is. The link below will take you straight to it. If you have any questions with regards to this new system, please don't hesitate to contact us.

<https://goo.gl/2kXPss>

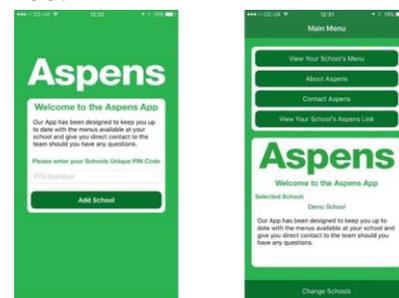
Free school meals

All children that are in Reception, Year 1 and Year 2 are entitled to receive UNIVERSAL FREE SCHOOL MEALS! We think it's a fantastic idea so please make sure you support this initiative. Not only will you be saving money, but you will also be giving your child a nutritionally balanced meal to fuel their bodies for the rest of their learning day.

Please note this is not to be confused with FREE SCHOOL MEALS which is an entitlement that some children can receive due to their parents/carers circumstances. If you feel you may be entitled to receive FREE SCHOOL MEALS, you should request the relevant forms from your school office.

The Aspens App

This is ideal for parents to check out what's on offer for lunch with just a couple of presses on your smartphone. It's simple enough – just search for the app at the App Store, install, add the unique PIN relating to your particular school and you will be able to view the current menu. Ask a member of the team or at the school office for your number.



Sample menu

Choose our daily packed lunch with a sandwich or roll with a range of fillings, healthy snack, home baked cake and piece of fruit.

Autumn 2017					
4th Sept, 25th Sept, 16th Oct, 6th Nov, 27th Nov, 18th Dec					
	Monday	Tuesday	Wednesday	Thursday	Friday
WEEK 1	▲ All Day Breakfast Meat or Vegetarian	▲ Lasagne	▲ Roast Gammon with gravy and potatoes	▲ Chicken Curry with wholemeal rice	▲ Fish Fingers with chips
	▼ Pork or Quorn sausage, bacon, hash brown, tomato and beans	▼ Cheese Potato & Leek Bake with baked beans	▼ Quorn Roast with gravy and potatoes	▼ Baked Bean & Cheese Wrap	▼ Chickpea Burger with chips
	COMPETITION WINNER Victoria Muffin	Custard Biscuit with fruit slices	Apple Pie with custard	Winter Berry Sponge with custard	Chocolate Krispie
11th Sept, 2nd Oct, 23rd Oct, 13th Nov, 4th Dec					
WEEK 2	▲ Beef Bolognese with wholemeal pasta	▲ Pizza Day choose from a variety of toppings	▲ Roast Chicken with stuffing, gravy and potatoes	▲ Chill con Carne with oven baked wedges	▲ Battered Fish with chips
	▼ Sweet Potato & Chickpea Curry with wholemeal rice	▼ Shepherds Hotpot with gravy	▼ Veggie Lasagne	▼ Quorn Dog with chips and tomato sauce	
	Pancakes with apple sauce	Steamed Lemon Sponge with lemon drizzle	Fruit Crumble with custard	Sultana and Oat Cookie with fruit slices	Chocolate Crunch
28th Aug, 18th Sept, 9th Oct, 30th Oct, 20th Nov, 11th Dec					
WEEK 3	▲ Cheesy Chicken Pasta Bake	▲ Beef Stew	▲ Roast Turkey with stuffing, gravy and potatoes	▲ Meatballs in Tomato Sauce with wholemeal pasta	▲ Salmon Fish Fingers with chips
	▼ Veggie Moussaka	▼ Cheese & Tomato Quiche with oven baked wedges	▼ Veggie Bolognese with wholemeal pasta	▼ Veggie Bean Chili with wholemeal rice	▼ Macaroni Cheese with herby bread
	Pumpkin Bar	Shortbread Biscuit with fruit slices	Peach & Apple Crumble with custard	Fruit Flapjack	Chocolate Sponge with chocolate sauce

We offer seasonal vegetables, bread, yoghurt and fruit daily. (allergy information is available)

Get in touch

Aspens are experts in school catering and have years of experience when it comes to school food. If you have any questions about our service, or any special dietary requirements - please get in touch. You can contact us via email on info@aspens-services.com or call on 01905 759613. You will also find a host of information on our website – www.aspens-services.com