



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 for 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

I am delighted to inform you that we have introduced a new online payment system. The purpose of this system means that you can:

- Order your child/children's preferred menu choice in advance
- Pay for school lunches via the system, or just pre-book meals if your child/children are entitled to free school meals
- Order a day at a time, per week or even for a month in advance from the beginning of each term
- You can register more than one child per school

How to register:

Below is the link to our website to register your child/children with the codes you have been provided with

Website link: <https://select.aspens-services.com>

Enter the school Code:

It is important that you order your child's meal prior to 8.30 am each day. This will not only ensure they receive lunch each day but also a meal of their choice avoiding disappointment and ensuring they are energised and ready to learn during their afternoon sessions.

We hope you enjoy our system!

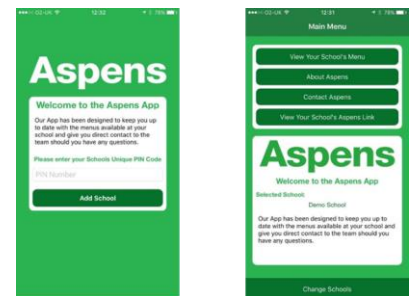
Free school meals

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

Spring/Summer
2020

FOOD FESTIVAL

By Aspens

2nd March, 23rd March, 13th April, 4th May, 25th May, 15th June, 6th July, 27th July,
7th Sept, 28th Sept

WEEK ONE

	MONDAY Family Faves	TUESDAY Authentic Italian	WEDNESDAY Baking British	THURSDAY Food Festival	FRIDAY Fun Day
Main Event	Bangers & Mash Pork chipolata served with mash, green beans and gravy ▲	Margherita Pizza Cheesy tomato topped pizza with seasonal salad and garlic slice ▼	Roast Chicken Boneless chicken with crispy roasties fresh cauliflower and gravy ▲	Chicken Curry Marinated chicken thigh pieces in a mild curry sauce with rice and fresh courgettes ▲	Fish Fingers Golden breaded Pollock or Salmon fish fingers with chips and peas
Vegetarian Section	Quorn Bangers Quorn sausages with mash, green beans and gravy ▼	Pasta Napolitan Wholemeal Penne, tomato sauce seasonal salad and garlic slice ▼	Cheese Pinwheels Toasty cheese spirals with crispy roasties and cauliflower ▼	Sweet Potato Balti Lightly spiced sweet potato, chickpea and lentil curry with rice and fresh courgettes ▼	Picnic Pitta Quorn dippers and minty cucumber salad with chips and pitta pocket ▼
Packed Lunch	Pick and Mix Deli Freshly filled sandwich or roll, healthy snack, home bake and piece of fruit ■				
Jacket Potatoes	Crispy Skin Jacket Potato with Toppings ◆				
The Finale	Tutti Frutti Sponge Dried fruit and cherry cake served with custard	Sticky Orange Cake Zingy orange cake made with polenta	Cheesecake Biscuit base with soft cheese and fruity topping	Chocolate Brownie Served with Orange Slices	Cookie and Shake Oat Cookie & Chocolate Milkshake

▲ Meat ▼ Veggie ◆ Jacket Potato ■ Packed Lunch

Spring/Summer
2020

FOOD FESTIVAL

By Aspens

9th March, 30th March, 20th April, 11th May, 1st June, 22nd June, 13th July,
24th August, 14th Sept

WEEK TWO

	MONDAY Family Faves	TUESDAY Authentic Italian	WEDNESDAY Baking British	THURSDAY Food Festival	FRIDAY Fun Day
Main Event	All Day Breakfast Grilled pork sausage, baked beans, tomato and hash brown with bread and butter ▲	Firecracker Pizza Healthy pizza with a hint of chilli with mixed salad and wedges ▼	Baked Gammon Baked gammon with crispy roasties, broccoli and gravy ▲	Chicken Korma Marinated chicken thigh pieces in coconut curry sauce with rice and sweetcorn ▲	Breaded Pollock Lightly breaded white fish fillet chips and peas
Vegetarian Section	Veggie All Day Breakfast Veggie sausage, baked beans, tomato and hash brown with bread and butter ▼	Pasta Bake Wholemeal Pasta with fresh basil tomato sauce and cheese with wedges ▼	Cheddar Quiche Wholemeal pastry with cheese and onion filling with crispy roasties and broccoli ▼	Cauliflower Jalfrezi Lightly spiced cauliflower and lentil curry with rice and sweetcorn ▼	Beany Wrap Wholemeal wrap stuffed with baked beans and cheese ▼
Packed Lunch	Pick and Mix Deli Freshly filled sandwich or roll, healthy snack, home bake and piece of fruit ■				
Jacket Potatoes	Crispy Skin Jacket Potato with Toppings ◆				
The Finale	Banana Loaf Fruity banana bread cake	Anginetti Italian lemon drop biscuits	Eton Mess Crushed meringue and berry rippled cream	Carrot and Pineapple Muffin Spiced with Cinnamon	Cookie and Shake Ginger Cookie and Vanilla Honey Shake

▲ Meat ▼ Veggie ◆ Jacket Potato ■ Packed Lunch

Spring/Summer
2020

FOOD FESTIVAL

By Aspens

16th March, 6th April, 27th April, 18th May, 8th June, 29th June, 20th July,
31st August, 21st Sept

WEEK
THREE

	MONDAY Family Faves	TUESDAY Authentic Italian	WEDNESDAY Baking British	THURSDAY Food Festival	FRIDAY Fun Day
Main Event	Pizza Whirl Cheesy pizza roll with tomato filling cobb salad and wedges 	Lasagne Beef Bolognese layered with pasta topped with white sauce, garlic slice and house salad 	Roast Chicken Boneless chicken with mash, fresh carrots and gravy 	Chinese Chicken Curry Marinated chicken thighs with curry sauce and rice 	Fishcakes Mini white fish fishcakes with chips and peas
Vegetarian Section	Macaroni Cheese Baked cheesy pasta with a crunchy topping and mixed salad and wedges 	Vegetable Lasagne Roasted Vegetables layered with pasta topped with white sauce, garlic slice and house salad 	Quorn Roast Quorn with mash, fresh carrots and gravy 	Beany Enchilada Mild chilli beans, peppers and onions with rice and sweetcorn 	Vegan Sausage Puff Quorn sausage wrapped in puff pastry with chips and peas 
Packed Lunch	Pick and Mix Deli Freshly filled sandwich or roll, healthy snack, home bake and piece of fruit 				
Jacket Potatoes	Crispy Skin Jacket Potato with Toppings 				
The Finale	Italian Crumble Cake Crumble top and bottom filled with apples served with custard	Jelly and Fruit Fruit flavoured jelly with extra fruit	Ice Cream Tub Vanilla ice cream with fruity toppings	Apple Flapjack Oats, apples and syrup home baked in a chewy bar	Cookie and Shake Lemon Cookie and Berry Milkshake

 Meat  Veggie  Jacket Potato  Packed Lunch

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