

Family Information Pack

School Meals
by Aspens Services



About Aspens

GREAT TASTING FOOD THAT YOUR CHILDREN WILL LOVE

Aspens is the company chosen by your school to provide the meal service for its pupils and we are looking forward to welcoming your child for their school lunches. We are experts in school catering and have years of experience when it comes to school food.

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.

KNOWING WHERE YOUR FOOD COMES FROM

We take our responsibility of catering for today's children and young adults seriously. All of our dishes are prepared every day using quality, fresh and seasonal ingredients that are responsibly sourced. Our supply chain is traceable, so we can ensure the provenance of all produce.

Our dishes are created and served by experienced and enthusiastic staff. 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.

OUR FANTASTIC FOOD

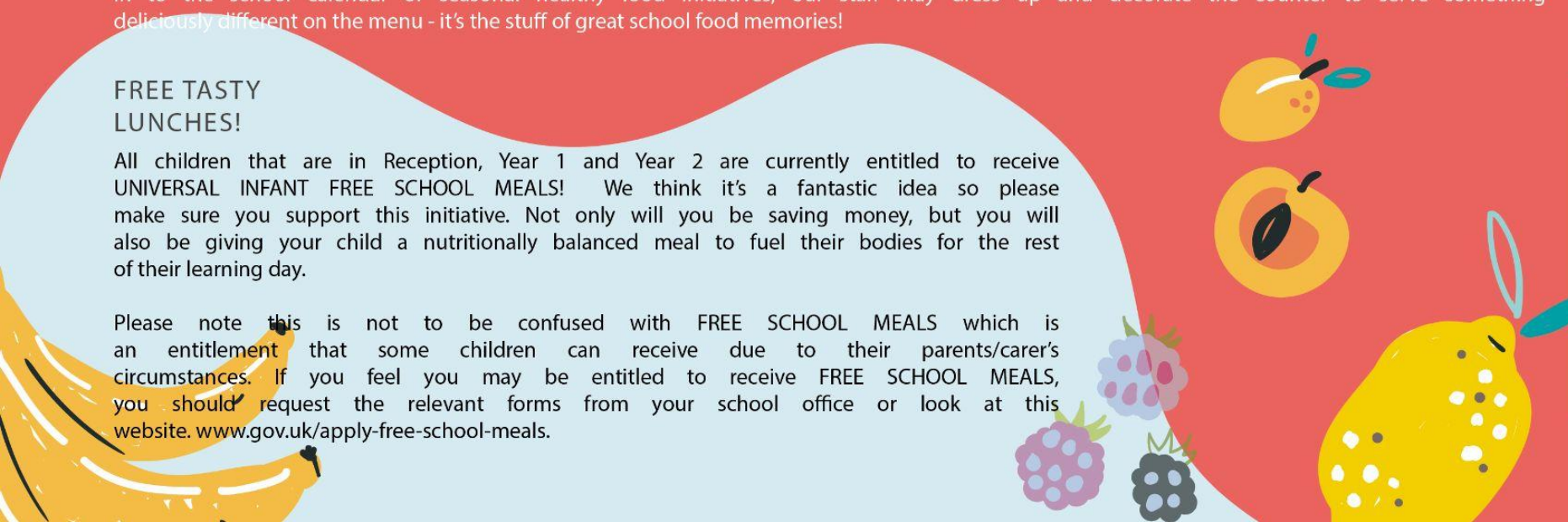
We don't only create delicious favourite dishes from home and around the world, we make it fun!

We aim to make lunchtime the best time of the day and it definitely is when we hold one of our regular theme days! Planned to link in to the school calendar or seasonal healthy food initiatives, our staff may dress up and decorate the counter to serve something deliciously different on the menu - it's the stuff of great school food memories!

FREE TASTY LUNCHES!

All children that are in Reception, Year 1 and Year 2 are currently entitled to receive UNIVERSAL INFANT 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/carer's circumstances. If you feel you may be entitled to receive FREE SCHOOL MEALS, you should request the relevant forms from your school office or look at this website. www.gov.uk/apply-free-school-meals.



SAMPLE MENU

FOOD FESTIVAL By Aspens		WEEK ONE			
	MONDAY Family Faves	TUESDAY Authentic Italian	WEDNESDAY Baking British	THURSDAY Food Festival	FRIDAY Fun Day
Option 1	Beef Burger in a Bun Oven Baked Wedges Coleslaw	Ham & Pineapple Pizza Baked Beans	Roast Chicken & Stuffing Roasties and Fresh Vegetables Gravy	Chicken Tikka Masala Wholegrain Rice Spiced Roast Cauliflower	Fish Fingers Salmon or Pollock Chips and Peas
Option 2	Veggie Burger in a Bun Oven Baked Wedges Coleslaw	Veggie Delight Pizza Baked Beans	Quorn Roast Roasties and Fresh Vegetables Gravy	Sweet Potato & Chickpea Balti Wholegrain Rice Spiced Roast Cauliflower	Cheesy Bean Wrap Chips and Peas
Packed Lunch	Pick and Mix Packed Lunch Freshly filled sandwich or roll, healthy snack, home bake and piece of fruit				
Jacket Potatoes	Crispy Skin Jacket Potato with Tasty Toppings				
The Finale	Peach Cobbler & Custard	Lemon Drizzle Cake	Chocolate Brownie	Apple & Cinnamon Strudel with Custard	Oat Cookie
Homemade Bread, Fresh Fruit, Yoghurt and Salad available every day					
Autumn / Winter 2021 w/c 30/08, 20/09, 11/10, 01/11, 22/11, 13/12, 03/01, 24/01, 14/02					
▲ Meat ▼ Veggie ◆ Jacket Potato ■ Packed Lunch					



PREPARING YOUR CHILD FOR SCHOOL LUNCHES

If your child is new to school lunches, they may feel a little uncertain, but you can help them to be prepared.

Look through the menu together, ask them to choose their favorites and point out the kind of things that you know they usually like to eat. Try new things at home to help them to



FOOD FESTIVAL

By Aspens

WEEK ONE

Spring / Summer 2022

21/2, 14/3, 4/4, 25/4, 16/5, 6/6, 27/6, 18/7

MONDAY Authentic Italian

Option 1 BBQ Chicken Pizza
Crudites
Sweetcorn

Option 2 Margherita Pizza
Crudites
Sweetcorn

TUESDAY Family Faves

Beef Burger in a Bun
Oven Baked Wedges
Coleslaw

Super Veggie Burger in a Bun
Oven Baked Wedges
Coleslaw

WEDNESDAY Baking British

Roast Gammon
Roasties and Fresh Vegetables
Gravy

Veggie Sausage & Summer Veg Traybake
Roasties and Fresh Vegetables
Gravy

THURSDAY Food Festival

Chicken Tikka Biryani
Green Beans

Roasted Sweet Potato Dhal
Wholegrain Rice
Green Beans

FRIDAY Fun Day

Fish Fingers
Salmon or Pollock
Chips and Baked Beans

Baked Beans & Vegetable Dippers
Chips

Potatoes & Pasta
Packed Lunch

Hot Tomato Pasta with Cheese or Crispy Skin Jacket Potato with Tasty Toppings available daily

Pick and Mix Packed Lunch

Freshly filled sandwich or roll, healthy snack, home bake and piece of fruit

The Finale

Warm Pineapple with Vanilla Ice Cream

Sticky Gingerbread Cake

Chocolate Brownie

Strawberry Mousse with Peach

Oat Cookie

Homemade Bread, Fresh Fruit, Yoghurt and Salad available every day

▲ Meat ▼ Veggie ◆ Jacket Potato ■ Packed Lunch

FOOD FESTIVAL

By Aspens

Spring / Summer 2022

28/2, 21/3, 11/4, 2/5, 23/5, 13/6, 4/7,

WEEK
TWO

MONDAY Authentic Italian

Option 1

**Creamy Chicken
Pasta Bake**

Whole Grain Penne
Garlic Slice
Green Salad

TUESDAY Family Faves

**BBQ Pulled Pork &
Mash**
Carrots

WEDNESDAY Baking British

**Roast Chicken &
Stuffing**

Roasties and
Fresh Vegetables
Gravy

THURSDAY Food Festival

Beef Lasagne
Potato Wedges
Rainbow Slaw

FRIDAY Fun Day

Fish Fingers
Chips and
Mushy Peas

Option 2

Veggie Bolognese
Whole Grain Penne
Garlic Slice
Green Salad

**Baked Bean &
Veggie Sausage
Cowboy Pie**
Carrots

**Cheese & Spring
Onion Pastry Slice**
Roasties and
Fresh Vegetables
Gravy

**Veggie Nachos &
Cheese**
Potato Wedges
Rainbow Slaw

**Cheesy Bean
Wrap**
Chips and
Mushy Peas

Potatoes & Pasta Packed Lunch

Hot Tomato Pasta with Cheese or Crispy Skin Jacket Potato with Tasty Toppings available daily

Pick and Mix Packed Lunch

Freshly filled sandwich or roll, healthy snack, home bake and piece of fruit

The Finale

**Peach Puff Pastry
Slice & Custard**

Rice Krispie Cakes

**Chocolate &
Marshmallow
Cake**

**Apple Pie &
Custard**

Fruity Flapjack

Homemade Bread, Fresh Fruit, Yoghurt and Salad available every day

▲ Meat ▼ Veggie ◆ Jacket Potato ■ Packed Lunch

FOOD FESTIVAL

By Aspens

Spring / Summer 2022

7/3, 28/3, 18/4, 9/5, 30/5, 20/6, 11/7

WEEK
THREE

MONDAY Authentic Italian

Option 1 Meatball, Pasta & Garlic Bread
Traybake
Sweetcorn ▲

Option 2 Tomato & Mozzarella
Gnocchi
Garlic Slice
Sweetcorn ▼

TUESDAY Family Faves

Sticky Baked
Bangers & Mash
Green Beans
Gravy ▲

Sticky Veggie
Bangers & Mash
Green Beans
Gravy ▼

WEDNESDAY Baking British

Roast Chicken & Stuffing
Roasties and
Fresh Vegetables
Gravy ▲

Quorn Roast
Roasties and
Fresh Vegetables
Gravy ▼

THURSDAY Food Festival

Honey & Soy
Chicken Stir Fry
Wholegrain Rice
Broccoli ▲

Crunchy Topped
Macaroni Cheese
Broccoli ▼

FRIDAY Fun Day

Fish Fingers
Chips and
Peas

Veggie
Croquettes
Chips and Peas ▼

Potatoes &
Pasta

Hot Tomato Pasta with Cheese or Crispy Skin Jacket Potato with Tasty Toppings available daily ◆

Packed
Lunch

Pick and Mix Packed Lunch

Freshly filled sandwich or roll, healthy snack, home bake and piece of fruit ■

The Finale

Chocolate Mousse
with Mandarin

Sticky Toffee
Pudding &
Custard

Vanilla Sprinkle
Sponge

Apple Crumble
with Custard

Ginger Cookie

Homemade Bread, Fresh Fruit, Yoghurt and Salad available every day

▲ Meat ▼ Veggie ◆ Jacket Potato ■ Packed Lunch

THE 14 MAJOR FOOD ALLERGENS



CELERY



CRUSTACEANS



EGGS



TREE NUT



FISH



LUPIN



MILK



WHEAT



MOLLUSCS



MUSTARD



PEANUT



SESAME



SOYA



SO2

SPECIAL DIETS AND FOOD ALLERGENS

Don't think that your child can't enjoy our great food if they have a special diet - this is 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.

Aspens already caters for lots of children with allergies, we have robust food safety procedures and our staff has regular allergen and food safety training. It is still important that parents talk to us so we can work together and continue to provide meals that are safe for their child to eat.

SUSTAINABILITY

Sustainability is one of our core values - we recognise that our activities can affect the environment and so we do what we can to minimise our impact.

This includes phasing out single use plastics, using environmentally friendly disposables and cleaning products, offering non meat proteins and seasonal fruit and vegetables.



WORKING TOGETHER TO PROTECT OUR ENVIRONMENT

OUR PLASTIC CUTLERY IS
COMPOSTABLE BUT
WE WOULD RATHER
YOU USED METAL
CUTLERY IF DINING IN



WORKING TOGETHER TO PROTECT OUR ENVIRONMENT



IT'S ESTIMATED
40 BILLION
PLASTIC UTENSILS
ARE PRODUCED
EACH YEAR.

MOST OF THEM END
UP IN OUR LANDFILLS,
BEACHES AND OCEANS

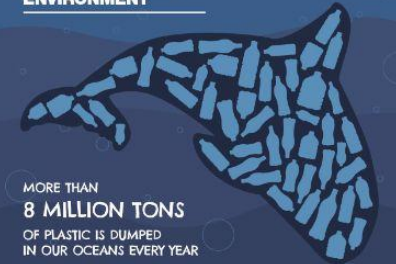
Aspens
01603 758615
aspens-revelatory.co.uk



80% OF OUR DRINKS
SOLD IN BOTTLES ARE
NOW MADE WITH
RECYCLED PLASTIC (RPET)



WORKING TOGETHER TO PROTECT OUR ENVIRONMENT



MORE THAN
8 MILLION TONS
OF PLASTIC IS DUMPED
IN OUR OCEANS EVERY YEAR

Aspens
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aspens-revelatory.co.uk



WHY SCHOOL MEALS ARE GREAT

Lunch time is an important part of a child's school day, giving pupils a break with friends and the chance to recharge their batteries. But why should you choose a school meal? Take a look at the ten great reasons we have come up with!

1. School meals are delicious, healthy, safe, varied and could be free!
2. Measures have been taken around staff training and enhanced cleaning to ensure our dinners continue to be safe.
3. It would save you hours making packed lunches for your child!
4. Children receiving Free School Meals have exactly the same choice and no-one will know that your child's meal is free.
5. You can see the menus and choices online and on the app, so you know exactly what they'll be eating.
6. The school catering team is fully trained and ready to cater for children with allergies or other diets.
7. School meals help encourage good eating habits from an early age and provide the opportunity to further develop their social skills as they sit down with friends to enjoy their meals.
8. There are plenty of opportunities to try new foods and fussy eaters are much more likely to try something different if their friends are eating the same meals as they are.
9. If you are entitled to free school meals, it's easy to apply.
10. You'll be supporting the school too. Schools receive extra Government funding for every child who is claiming Free School Meals. This money can be used to pay for more books, computers and much more!



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SCHOOL MEALS HELP ENCOURAGE GOOD EATING HABITS FROM AN EARLY AGE AND PROVIDE THE OPPORTUNITY TO FURTHER DEVELOP THEIR SOCIAL SKILLS AS THEY SIT DOWN WITH FRIENDS TO ENJOY



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