



## CATERING, CLEANING & CONSULTANCY SERVICES

# Aspens



Aspens is the company chosen by your school to provide the meal service to our students. 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.

### 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 'unpacked'. 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.

### Free School Meals

All children that are in reception, year 1 and year 2 are entitled to receive 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.

## Hello from Bubble and Squeak

Bubble and Squeak are our school meal characters - chosen by a group of pupils at St Andrews Junior School in North Somerset.

The children picked them simply because they made them feel happy and would help them enjoy their school lunch. What more could we ask for?

Watch out for them over the coming months. They will be featured in lots of fun things for your children to do and they will help to educate them around the importance of eating well.



## Sample menu

# Summer 2017

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

|               | Monday  | Tuesday   | Wednesday  | Thursday   | Friday                                     |
|---------------|---|---|--|--|--|
| <b>WEEK 1</b> | <b>17<sup>th</sup> April, 8<sup>th</sup> May, 29<sup>th</sup> May, 19<sup>th</sup> June, 10<sup>th</sup> July 2017</b>  |   |  |  |  |
|               | ▲ Sausage & Mash<br>with gravy  | ▲ Pizza Day<br>V choose from a range of toppings        | ▲ Roast Chicken<br>with stuffing gravy and potatoes    | ▲ Lasagne  | Fishcake<br>with chips and tomato sauce    |
|               | V Sweet Potato & Chickpea Curry<br>with wholegrain rice   |   | V Broccoli & Cauliflower Cheese<br>Crumble             | V Bean & Vegetable Chilli<br>with wholegrain rice and baked nachos | V Quorn Dog<br>with chips and tomato sauce |
|               | Fruity Ice Cream Sundae   | Coconut Baked Rice Pudding & Jam                        | Carrot Cake  | Berry Cheesecake   | Chocolate Brownie Surprise                 |
|               | <b>24<sup>th</sup> April, 15<sup>th</sup> May, 5<sup>th</sup> June, 26<sup>th</sup> June, 17<sup>th</sup> July 2017</b> |   |  |  |  |
| <b>WEEK 2</b> | <b>Monday</b>   |   |  |  |  |
|               | ▲ All Day Breakfast<br>V<br>Pork or Quorn sausage, bacon, hash brown, tomato and baked beans                            | ▲ Beef Bolognese<br>with wholemeal penne pasta          | ▲ Roast Gammon<br>with pineapple and oven baked wedges | ▲ Chicken Curry<br>with wholegrain rice                            | Battered Fish<br>with chips                |
|               | Shortbread Biscuit<br>with fruit slices   | V Cheese, Leek & Potato Bake<br>with beans V            | V Vegetable & Bean Wrap                                | V Cheese & Tomato Pinwheel<br>with oven baked wedges               | V Roasted Vegetable Omelette<br>with chips |
|               | Iced Fruit Sponge   | Peach & Apple Crumble<br>with custard                   | Fruity Jelly Mousse                                    | Chocolate Krispie  |  |
|               | <b>1<sup>st</sup> May, 22<sup>nd</sup> May, 12<sup>th</sup> June, 3<sup>rd</sup> July, 24<sup>th</sup> July 2017</b>    |   |  |  |  |
| <b>WEEK 3</b> | <b>Monday</b>   |   |  |  |  |
|               | ▲ Chicken Noodles   | ▲ Beef Burger in a Bun<br>with oven baked potato wedges | ▲ Roast Pork<br>with apple sauce, gravy and potatoes   | ▲ Creamy Carbonara<br>with wholemeal pasta                         | Salmon Fish Fingers<br>with chips          |
|               | V Baked Bean & Cheese Wrap  | V Veggie Bolognese<br>with wholemeal pasta              | V Quorn Roast<br>with gravy and potatoes               | V Homemade Vegetable Burger<br>with oven baked wedges              | V Macaroni Cheese<br>with herby bread      |
|               | Strawberry Mousse   | Fruit Crumble<br>with Custard                           | Sultana and Oat Cookie                                 | Fruit Jelly<br>with ice cream                                      | Chocolate Crunch                           |

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

**Served Daily**  
A baked jacket potato with a choice of toppings

Option 1

## 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](mailto:info@aspens-services.com) or call on 01905 759613. You will also find a host of information on our website - [www.aspens-services.com](http://www.aspens-services.com)

If you want to look at the current menu cycle or have a question you would like to ask, please click on the link below.

<https://www.aspens-services.co.uk/schools/s4s-lanesfield-primary/>



[WWW.ASPENS-SERVICES.COM](http://WWW.ASPENS-SERVICES.COM)