



## 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: \_\_\_\_\_

Childs unique Code: \_\_\_\_\_

**It is important that you order your child's meal prior to 9am 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

Please note 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 or download from the school website

## Sample menu

FOOD FESTIVAL By Aspens					WEEK THREE
	MONDAY Family Faves	TUESDAY Authentic Italian	WEDNESDAY Baking British	THURSDAY Food Festival	FRIDAY Fun Day
Option 1	<b>Bangers &amp; Mash</b> Green Beans Gravy	<b>Beef Lasagne</b> Garlic Slice Sweetcorn	<b>Roast Chicken &amp; Stuffing</b> Roasties and Fresh Vegetables Gravy	<b>BBQ Chicken</b> Wholegrain Rice Broccoli	<b>Fish Fingers</b> Salmon or Pollock Chips and Baked Beans
Option 2	<b>Veggie Bangers &amp; Mash</b> Green Beans Gravy	<b>Veggie Lasagne</b> Garlic Slice Sweetcorn	<b>Quorn Roast</b> Roasties and Fresh Vegetables Gravy	<b>Crunchy Topped Macaroni Cheese</b> Broccoli	<b>Vegan Sausage Roll</b> Chips and Baked Beans
Packed Lunch	<b>Pick and Mix Packed Lunch</b> Freshly filled sandwich or roll, healthy snack, home bake and piece of fruit				
Jacket Potatoes	<b>Crispy Skin Jacket Potato with Tasty Toppings</b>				
The Finale	<b>Golden Syrup &amp; Apple Sponge Pudding</b>	<b>Sticky Toffee Pudding &amp; Custard</b>	<b>Chocolate Orange Rice Pudding</b>	<b>Apple Crumble with Custard</b>	<b>Ginger Cookie</b>
Fresh Fruit, Yoghurt and Salad available every day					
Autumn / Winter 2021 w/c 13/09, 04/10, 25/10, 15/11, 06/12, 27/12, 17/01, 07/02					
▲ 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](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 need to discuss any concerns with the food please email Sandra at [thames.view@aspens-services.com](mailto:thames.view@aspens-services.com)