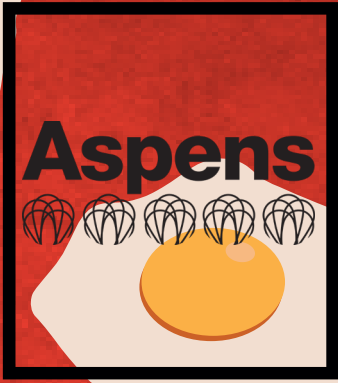


# SCHOOL FOOD

## WHAT TO EXPECT WHEN YOU DINE WITH US



# FOOD FOR THE FUTURE

Research increasingly demonstrates the need for good nutrition across all age groups and we know a balanced diet reduces the number of nutrition-related illnesses in young people. We play an important role in promoting a well-balanced diet and setting students on the right track for later life.

### FREE SCHOOL MEALS

You may be entitled to them.

Check out this website:

[www.gov.uk/apply-free-school-meals](http://www.gov.uk/apply-free-school-meals)



Our menus are exciting and innovative, reflecting the very latest UK and international eating trends but with a real focus on **health and wellbeing**. Our menus adhere to the school food-based standards to make sure students are fuelled and hydrated for learning.

“ We are one team with the same goal – to provide a great catering service to our customers and we love what we do!

We are committed to quality and our approach to food sourcing focuses on sustainability, seasonality and provenance.”

### Allergens and Special Diets

We cater for different requirements so that all customers can enjoy a tasty meal with us every day. For pre-packaged food, our labelling processes have been reviewed to give ingredients and allergen information in accordance with **Natasha's Law**. We continue encourage customers to talk to us so we can work together to provide meals that are safe to eat.

### Food Trends - What's hot and What's Not!

Attitudes and expectations around food are increasingly influenced by the **high street** and as we now eat a much wider variety of food than ever before - we make sure we are on trend!

We keep taste buds excited with our great Flavours of the Month themes and specials!

### Vegan and Free-From.

Vegan and free-from ingredients are key to our recipe development and we love to tempt our customers with more and more opportunities to try alternative dishes.

We have a great range of Plant Power options as part of our menu cycle as well as our pop up special days.



EMAIL [INFO@ASPENS-SERVICES.COM](mailto:INFO@ASPENS-SERVICES.COM)  
WEB [ASPENS-SERVICES.COM](http://ASPENS-SERVICES.COM)



# SAMPLE MENU

DISHES MAY VARY

WEEK 1

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Butter Chicken Curry	Ancho Jackfruit Burrito	Maple Gammon Carvery	Chicken Rendang	Hand Battered Fish Fillet
Paneer Kathi Roll	Sweet Potato Falafel Khobez Wrap	Roast Chicken & Stuffing Bap	Pulled Pork Steamed Bao Bun	Katsu Fish Dog & Curry Sauce
Butternut & Chickpea Pasanda	Avocado Smash Toast & Mango Salsa	Veggie Meatballs & Garlic Slice	Teriyaki Tofu Noodles	Battered Halloumi & Chilli Jam
Rajasthan Watermelon Vegan Curry	Tofu Laksa & Glass Noodles	Vegan Sausage Roll & Gravynaise	Vegan Pad Thai	Smoked Carrot Bagel
Whole Grain Rice Coconut Green Beans Mango Chutney	Superfood Grain Salad Burnt Broccoli Tarator	Turmeric & Mustard Roasties Braised Red Cabbage Gravy Dipping Pot	Sticky Coconut Rice Pak Choi Stir Fry Sweet Chilli Sauce	Chunky Chips Mushy Peas Fricles

# DEALS

“Our promotions are created to give our customers the opportunity to try new products, demonstrate value for money, increase loyalty and encourage use of the service at different times of the day. We offer rewards such as discounted prices, free fruit, treats, drinks or money off vouchers.”

## EXCITING FOOD OFFERS

### World KITCHEN.

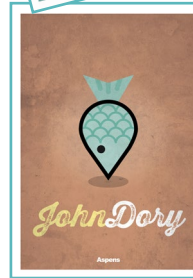
World Kitchen is our secondary meal offer where every day has a theme. Featuring Global cuisines, customised offers and food on the move, we are bang up to date with the current trends whilst still ensuring that there is a place on the menu for the comfort of our familiar school dining hall favourites. Each day the menu includes as standard a street food dish, a hand held version, vegetarian/vegan choices along with a selection of sides.

#### Hot DELI.

Our range of hot deli items includes hot marinated chicken wraps, paninis, topped jackets, freshly prepared pizza slices and fresh pasta with a variety of homemade sauces.

#### Cold DELI.

We have a great range of homemade savoury and sweet items. Freshly baked baguettes, rolls, wraps, sandwiches and salads. For afters ... a range of cold desserts, homemade cakes, biscuits and fruit pots.



**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. We believe that lots of small changes can add up to make a big difference and so we have a multi-faceted approach including:

- using environmentally friendly cleaning chemicals and disposables wherever possible across all our sites.
- phasing out single use plastics and giving preference to products made of recycled materials.
- reducing food miles and carbon output by selecting local suppliers wherever possible.
- conscious consumption - providing low impact food choices such as plant based proteins, seasonal fruit and vegetables and zero waste recipes