

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



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
WEB ASPENS-SERVICES.COM



SAMPLE MENU

DISHES MAY VARY

DEALS

WEEK 1

STREATERIES

WEEK 1

	AMERICAN Diner	•MEZZE• MIX IT UP!	Home STYLE	CARIBBEAN fusion	John Dory
STREET	American Mustard & Crispy Onion Hot Dog Wedges	Chicken Shawarma & Pickled Red Cabbage	Roast Chicken Sage & Onion Stuffing with Gravy	Jamaican Jerk Chicken Wings	Hand Battered Fish
VEGGIE	Jalapeno Loaded Mac N Cheese	Harissa Roasted Cauliflower & Chickpea Salad	Cheese & Onion Slice	Curried Chickpea & Kale Chana	Homemade Cajun Bean Burger
SIDES	BBQ Beans	Tabbouleh Cumin Roasted Carrots with Lemon & Honey	Roasties Roasted Roots	Wholegrain Rice & Peas Fry Bodi (Caribbean Green Beans)	Chips Peas

Autumn Winter 2022/23 5/9, 26/9, 17/10, 7/11, 28/11, 19/12, 9/1, 30/1

Aspens

“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.”

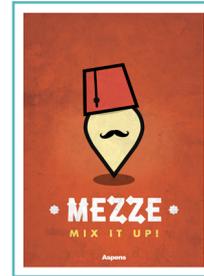
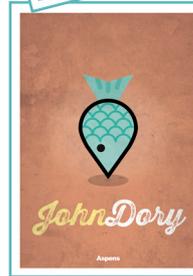
EXCITING FOOD OFFERS

STREATERIES

Streateries 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.

DELI KITCHEN

Our Deli Kitchen brand is for the popular standard Aspens hot and cold offers. This can range from Authentic Italian pizza and pasta, Hacienda Mexicana's burritos, rice pots and sides and Voulez Poulet's house rub chicken, dogs and sides through to our range of healthy sandwiches, paninis, wraps, jacket potatoes, salads, fruit and cold dessert 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