



WELCOME TO ASPENS

We are delighted to be the chosen caterer for your school.



Great tasting healthy food

Great food begins with great people, cooking fresh food using quality ingredients - that's Aspens!

An honest and successful British owned and operated company, we specialise in providing catering services to schools and colleges across the UK and pride ourselves in strong relationships with students, parents and school teams.

We are one team, with the same goal - to provide a great catering service to our customers and enjoy what we do. We share a commitment to quality, a concern for the environment and a belief in the importance of people and teamwork.

Our approach to food sourcing focuses on sustainability, seasonality and provenance, underpinned by food safety and due diligence. We have built great relationships with our regional supply chains; this ensures that we source the best quality products at a competitive price. By utilising robust suppliers we can ensure we have the right products available, that they are ethically sourced, traceable and safe.

We engage with our fresh food suppliers to ensure that we promote the use of British seasonal produce, understand who our growers and farmers are and cascade the

message of how we source back to our clients and customers.



Research increasingly demonstrates the need for good nutrition across all age groups and a balanced diet reduces the number of nutrition-related illnesses in young people.

Our menus are enjoyable as well as nutritious. We play an important role in promoting a well-balanced diet and setting pupils on the right track for later life.



WHAT'S ON THE MENU?

Our food is freshly cooked from raw ingredients every day. Our recipes are free of artificial trans-fats and other additives, such as artificial colours and flavourings and we choose healthy cooking techniques.

We offer two hot dishes every day, a topped jacket potato and a range of pick and mix cold dishes. Our desserts range from hot pudding with custard, home made yoghurts with toppings, fresh fruit and home bakes. There's a great choice for all taste buds!

12 Apr 3 May, 24 May, 14 Jun, 5 Jul, 26 Jul, 16 Aug, 6 Sep, 27 Sep, 18 Oct

WEEK ONE

	MONDAY Family Faves	TUESDAY Authentic Italian	WEDNESDAY Baking British	THURSDAY Food Festival	FRIDAY Fun Day
Main Event	Hot Dog Baked Potato Wedges Beans ▲	Veggie Supreme Pizza Wedges Sweetcorn ▼	Roast Chicken Stuffing Roasties and Fresh Vegetables Gravy ▼	Butter Chicken Curry Wholegrain Rice Green Beans ▲	Fish Fingers Chips and Peas ▲
Vegetarian Section	Quorn Dog Baked Potato Wedges Beans ▼	Quorn Meatballs and Spaghetti Garlic Slice Sweetcorn ▼	Lentil Veggie Loaf Roasties and Fresh Vegetables Gravy ▼	Butternut and Chickpea Pasanda Wholegrain Rice Green Beans ▼	Falafel Wrap Chips and Crudites ▼
Jacket Potatoes	Crispy Skin Jacket Potato with Cheese & Beans ◆				
The Finale	Peach Melba Traybake	Italian Sticky Orange Cake	Carrot and Pineapple Muffin	Flapjack	Chocolate Brownie ■

Our local suppliers are
Lye Cross - Butcher. A David - Fruit & Vegetables.

▲ Meat ▼ Veggie ◆ Jacket Potato ■ Packed Lunch



Marketing, Engagement and Promoting Uptake

The most powerful communication tool in any company is it's people, so we ensure that our teams are fully trained and feel confident about answering questions and promoting our service.

We keep in touch with parents via school newsletters and website links with key information, menus and any forthcoming theme events or promotions. We also offer the Aspens App so the menu is available at all times.

