



# Taking your taste buds on a journey

We are pleased to let you know that Aspens has been chosen to provide the meal service at your child's school. Take a look below for a glimpse at our menu...

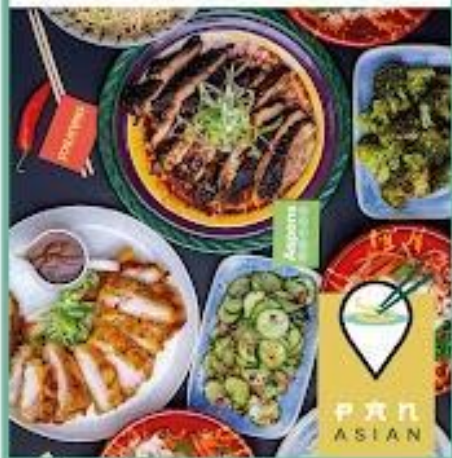
Our menus are exciting and innovative, reflecting the very latest UK and international eating trends but with a real focus on health and wellbeing. Our menus adhere to the school food-based standards to make sure students are fuelled and hydrated for learning.

WEEK 1					
STREATERIES LUNCH MENU					
WEEK 1 2/8, 2/9, 14/10, 4/11, 25/11, 16/12, 6/1, 27/1	<b>Authentic Italian</b>	<b>American Diner</b>	<b>Home Style</b>	<b>INCREDIBLE INDIA</b>	<b>Chips &amp; More</b>
<b>MON</b>	<b>TUE</b>	<b>WED</b>	<b>THU</b>	<b>FRI</b>	
<b>MAINS</b>	<b>MAINS</b>	<b>MAINS</b>	<b>MAINS</b>	<b>MAINS</b>	
MEATBALL MARINARA PASTA BAKE topped with Cheesy Garlic Crumbs	NASHVILLE BAKED CRISPY CHICKEN BURGER with Ranch Slaw	ROAST PORK, STUFFING & APPLE SAUCE with Gravy	GARLIC CHILLI CHICKEN CURRY	Choose from: BATTERED FISH SAUSAGE or VEG SAUSAGE Buttered or plain Margherita Pizza Chicken Nuggets Chips	
ASPENS LOADED MAC & CHEESE with Spring Onion, Pepper & Garlic	CAJUN SPICED BAKED VEGGIE BURGER with Ranch Slaw	ROASTED ROOTS FILO STRUDEL	SWEET & SOUR CHICKPEA VEGETABLE PATHIA CURRY		
<b>SIDES</b>	<b>SIDES</b>	<b>SIDES</b>	<b>SIDES</b>	<b>SIDES</b>	
CRUNCHY RAINBOW SALAD	CRISPY BAKED HOME FRIES	SKIN ON ROASTIES CARROTS & BROCCOLI	CARDAMOM RICE & GREEN BEANS	MINTY PEAS, BAKED BEANS, GRAVY OR CURRY SAUCE	
<b>- PASTA &amp; NOODLE POTS -</b>					
CARBONARA PASTA	VEGGIE THAI STYLE NOODLE POT	BOLOGNESE PASTA	CHINESE CHICKEN CHOW MEIN NOODLES	CARBONARA PASTA	
<b>BEANS - CHEESE - JACKET POTATOES - TUNA MAYO - SIMPLY PLAIN</b>					
<b>BIG BOWL SALAD</b>	CHICKEN CAESAR SALAD	FALAFEL & POMEGRANATE COUSCOUS SALAD	QUINOA & FETA SUPERFOOD SALAD	HARISSA ROASTED CAULIFLOWER, CHICKPEA & SPINACH SALAD	TIKKA CHICKEN & MINT YOGURT SALAD
<b>DESSERTS</b>	WARM LEMON DRIZZLE SPONGE with Custard	BLACK & WHITE SHORTBREAD COOKIE	STICKY TOFFEE PUDDING with Toffee Sauce	FLAPJACK	STRAWBERRY TRIFLE POT
Daily Meal Deals Regular Chef's Specials	Freshly Made from Scratch <b>DAILY!</b>	Fresh Cut Fruit & Yogurt Pots Available Daily	HANDCRAFTED DELI SANDWICHES, BAGUETTES, WRAPS, SALADS & MORE!	<b>DELI KITCHEN</b> HOT GRAB & GO	



## 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.



### 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.

### FREE SCHOOL MEALS CHECK IT OUT NOW!

For more information and to check if you can get free school meals please visit this website:  
[www.gov.uk/apply-free-school-meals](http://www.gov.uk/apply-free-school-meals)  
or scan the QR code below.

Think what else you could buy with the money you save!



WE KEEP TASTE BUDS EXCITED WITH OUR GREAT FLAVOURS OF THE MONTH THEMES AND SPECIALS!



**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 ENCOURAGE CUSTOMERS TO TALK TO US TO TELL US WHAT THEY THINK SO WE CAN CONTINUALLY IMPROVE

We cater for different requirements so that all customers can enjoy a tasty meal with us every day.



**Allergens and Special Diets**

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

**GREAT TASTING & GREAT VALUE FOOD AT SCHOOL!**

See counters for further details



**MEAL DEALS**

FRESHLY MADE ON SITE IN OUR KITCHEN EVERY DAY!

\*Free School Meal Allowance can be used to buy a Meal Deal.

**GOOD FOR YOU & GOOD FOR THE PLANET**

A subject high on the radar of our Gen Z customers! We have a range of initiatives and messages to support our ongoing journey to minimise the impact we have on the world.



**CONTACT US**

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