

FOOD GLORIOUS FOOD

Aspens
Aspens logo consisting of five stylized tree icons.



WHAT'S ON THE MENU?

We have a range of food and drinks available at different times of the day.

The dining facilities are open at mid morning break to fill the gap and at lunchtime, so make sure you pay us a visit at some point throughout the day.

Our Commitment to Food Allergens

We ensure our teams are kept up-to-date with the knowledge to cater for different requirements but encourage our customers to talk to us so we can work together to provide meals that are safe for them to eat.



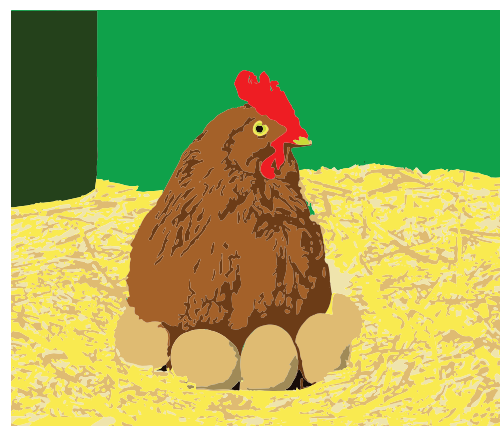
Great tasting healthy food

We are the company chosen to provide your school meal service. We specialise in providing catering for schools and are passionate about serving fresh, high quality and locally sourced food that is cooked in our kitchen.

We use British, Red Tractor Farm Assured meat, fish from sustainable sources, free range eggs and locally sourced fruit and vegetables.

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 also set them on the right track for later life.

This leaflet gives an overview of our catering service so you know what to expect when you come to visit.



Cold
DELI.

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GRAB YOURSELF A
COLD DRINK

HEALTHY
SANDWICHES & WRAPS

ENJOY
FRESH FRUIT

TUCK INTO A
DESSERT POT

World
KITCHEN.

THIS WEEK'S MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
VEGETARIAN BRUNCH HANDMADE VEGETABLE PATTIE, FRITTATA, BEANS & TOMATO	CAULIFLOWER & BROCCOLI CHEESE WITH HERBY BREAD	QUORN ROAST WITH GRAVY & POTATOES	PASTA BAR WITH SELECTION OF HOMEMADE SAUCES	MINI CHEESE PINWHEEL WITH CHIPS & TOMATO SAUCE
BRUNCH (MEAT) HANDMADE PORK PATTIE, FRITTATA, BEANS & TOMATO	BEEF LASAGNE	ROAST CHICKEN WITH STUFFING, GRAVY & POTATOES	TOMATO & BASIL BEEF BOLOGNESE CARBONARA WITH HAM	GOLDEN FISH FINGERS (COD & SALMON) WITH CHIPS
PINEAPPLE UPSIDE DOWN CAKE	TUTTI FRUTTI TUESDAY STRAWBERRY MOUSSE & FRUIT	CHEESE & CRACKERS WITH FRUIT	WINTER SPONGE	APPLE FLAPJACK

Option 5

SERVED WITH SEASONAL VEGETABLES OR SALAD

WEEK ONE
w/c 5th Nov, 26th Nov, 17th Dec, 7th Jan, 28th Jan

Aspens

Hot
DELI.

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PIZZA

GET STUCK INTO
HOT PANINIS

STREET FOOD MARKET
AT ASPENS

PASTA POT

FILLED
JACKET POTATOES

WORLD KITCHEN

World Kitchen is our traditional hot food offer. Our exciting weekly menu is based on food from around the world and includes a range of hot and tasty puddings.

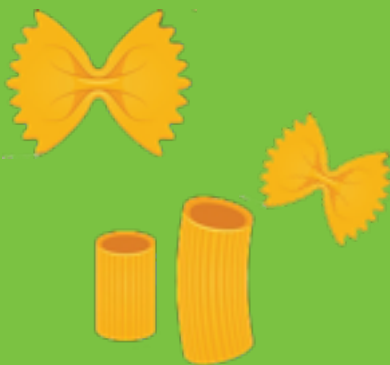
Free School Meals

You may be entitled to them.
Visit
www.gov.uk/apply-free-school-meals

World Kitchen

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. Choose from our freshly baked baguettes, rolls, wraps, sandwiches and salads. For afters ... a range of cold desserts, homemade cakes, biscuits and fruit pots will be waiting!

We have a range of meal deals on offer every day. Whether you fancy something hot or you are in a hurry and want to grab and go – there will be a deal for you.

Sample the tastes of the States with our American dishes.

Aspens

www.aspens-services.co.uk

Promotions and DEALS

