



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!

FOOD FESTIVAL

By Aspens

SAMPLE MENU

WEEK ONE

	MONDAY Family Faves	TUESDAY Authentic Italian	WEDNESDAY Baking British	THURSDAY Food Festival	FRIDAY Fun Day
Main Event	Bangers & Mash Pork chipolata served with mash, green beans and gravy ▲	Margherita Pizza Cheesy tomato topped pizza with seasonal salad and garlic slice ▼	Roast Chicken Boneless chicken with crispy roasties fresh cauliflower and gravy ▲	Chicken Curry Marinated chicken thigh pieces in a mild curry sauce with rice and fresh courgettes ▲	Fish Fingers Golden breaded Pollock or Salmon fish fingers with chips and peas
Vegetarian Section	Quorn Bangers Quorn sausages with mash, green beans and gravy ▼	Pasta Napolitan Wholemeal Penne, tomato sauce seasonal salad and garlic slice ▼	Cheese Pinwheels Toasty cheese spirals with crispy roasties and cauliflower ▼	Sweet Potato Balti Lightly spiced sweet potato, chickpea and lentil curry with rice and fresh courgettes ▼	Picnic Pitta Quorn dippers and minty cucumber salad with chips and pitta pocket ▼
Packed Lunch	Pick and Mix Deli Freshly filled sandwich or roll, healthy snack, home bake and piece of fruit ■				
Jacket Potatoes	Crispy Skin Jacket Potato with Toppings ◆				
The Finale	Tutti Frutti Sponge Dried fruit and cherry cake served with custard	Sticky Orange Cake Zingy orange cake made with polenta	Cheesecake Biscuit base with soft cheese and fruity topping	Chocolate Brownie Served with Orange Slices	Cookie and Shake Oat Cookie & Chocolate Milkshake

▲ Meat ▼ Veggie ◆ Jacket Potato ■ Packed Lunch
SOME SCHOOLS MAY CHOOSE NOT TO OFFER A PACKED LUNCH OPTION

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.

