

Welcome to Aspens

The catering company chosen by your school



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.



**Tasty
Food**



Provenance



Added value



**Great
People**

Destination Dining

Our food offers will take our customers on a journey of authentic recipes from around the world.



Our approach to food sourcing focuses on sustainability, seasonality and provenance, underpinned by food safety and due diligence.



Regional supply chain



Fully traceable



Chef team actively involved in selecting suppliers



Procurement team build close local supplier relationships



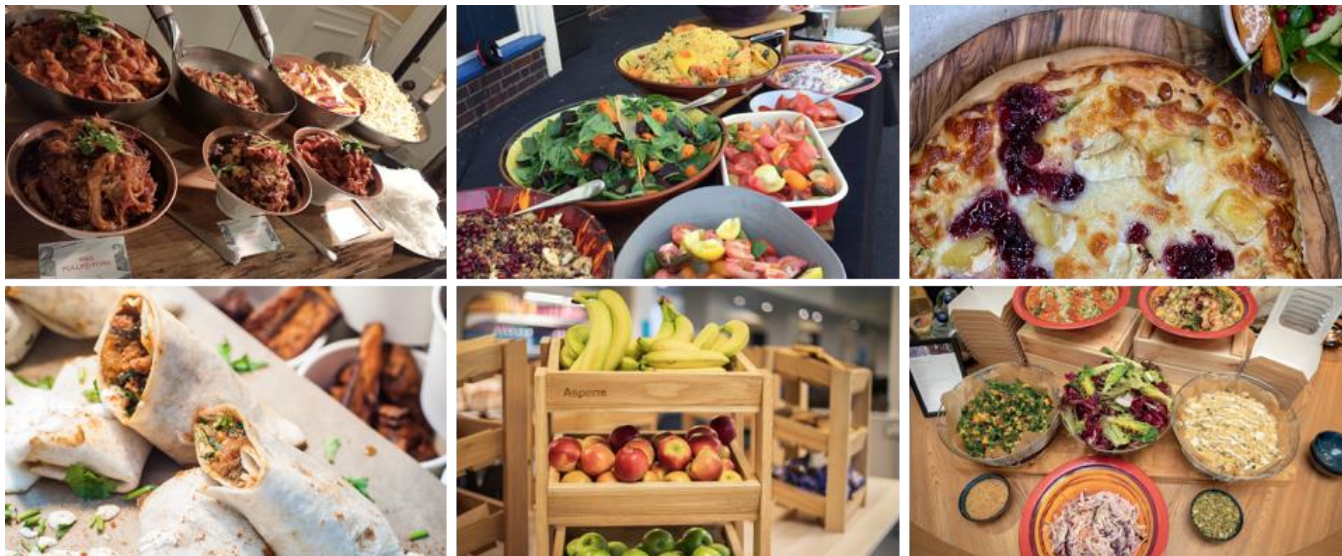
Supply chain fully audited by NSF international

Exciting Food



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 food is 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.



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Streateries Main Meal Offer

Every day has a theme with our secondary meal offer. 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.

Sample Menu

Autumn Winter 2021		STREATERIES					Aspens	
		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY		
STREET								
		Spicy Andhra Chicken Curry	Sweet Potato & BBQ Pulled Jackfruit Burger	Roast Chicken & Stuffing Bap Gravy	Mongolian Lion's Head Beef Meatballs	Hand Battered Fish & Fricke		
		_____	_____	_____	_____	_____		
VEGGIE		Keralan Egg Molee Curry	Veg Chilli Nachos Homemade Salsa	Quorn Roast & Stuffing Bap Gravy	Korean Spicy Rice Bowl with Fried Egg	Homemade Fishless Cake Lemon Yoghurt		
		_____	_____	_____	_____	_____		
		Turmeric Rice	Garlic & Herb Wedges	Fennel Seed Roasties	Beggar's Noodles	Chips		
SIDES		Masala Roasted Cauliflower	Rainbow Slaw	Roasted Carrots	Sweet Chilli Broccoli	Peas		
		_____	_____	_____	_____	_____		

WEEK 1

Please delete page if operating Hot and Cold Deli



Deli Kitchen

This is where you'll find our popular standard hot and cold offers. This can range from Authentic Italian pizza and pasta, Hacienda Mexicana 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.



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Sample Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Butter Chicken Curry	Ancho Jackfruit Burrito	Maple Gammon Carvery	Chicken Rendang	Hand Battered Fish Fillet
Paneer Kathi Roll	Sweet Potato Falafel Khobez Wrap	Roast Chicken & Stuffing Bap	Pulled Pork Steamed Bao Bun	Katsu Fish Dog & Curry Sauce
Butternut & Chickpea Pasanda	Avocado Smash Toast & Mango Salsa	Veggie Meatballs & Garlic Slice	Teriyaki Tofu Noodles	Battered Halloumi & Chilli Jam
Rajasthan Watermelon Vegan Curry	Tofu Laksa & Glass Noodles	Vegan Sausage Roll & Gravynaise	Vegan Pad Thai	Smoked Carrot Bagel
Whole Grain Rice Coconut Green Beans Mango Chutney	Superfood Grain Salad Burnt Broccoli Tarator	Turmeric & Mustard Roasties Braised Red Cabbage Gravy Dipping Pot	Sticky Coconut Rice Pak Choi Stir Fry Sweet Chilli Sauce	Chunky Chips Mushy Peas Frickles

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Hot & Cold Deli

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**GIVE PLANTS
A CHANCE!**



Plant
POWER

**TASTY, HEALTHY AND
EXCITING PLANT
BASED DISHES**

**GRAB ONE OF
OUR PLANTASTIC
MEALS!**



Aspens
Aspens logo icon

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Aspens logo icon

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.

We have a range of menus and food offers to keep students fuelled for learning.

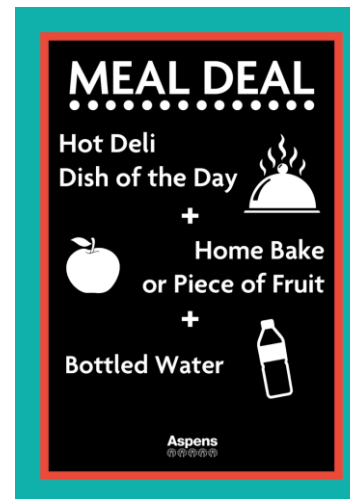
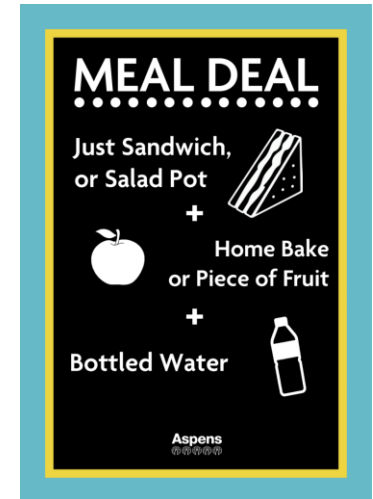
Attitudes and expectations around food are increasingly influenced by the high street and as we now eat a much wider variety of food than ever before - we make sure we are on trend!

We keep taste buds excited with our great Flavour of the Month themes and specials. We also hold a range of theme days to mix things up!



Deals

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 meal deals and rewards such as discounted prices, free fruit, treats, drinks or money off vouchers.



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.



Peanuts



Nuts



**Crustaceans
(Shellfish)**



**Molluscs
(Shellfish)**



Fish



Eggs



Milk



**Cereals
containing
Gluten**



Soya



**Sesame
seeds**



Celery



Mustard



Lupin



**Sulphur
Dioxide**

Sustainability



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

Free School Meals Are you entitled?

Did you know that your child might be entitled to free school meals?

Every Meal Deal is priced at the Free School Meal price, to ensure that they are affordable to every student. For example a Meal Deal can consist of a main meal, topped jacket potato, or sandwich with a dessert or a piece of fruit and a drink

For more information and details on how to claim, visit **www.gov.uk/apply-free-school-meals**