

# Aspire Catering Update & Menu



## Free lunches

Yes there is such a thing! **A saving of up to £11.50 per child per week.....that is around £400 per child per year.**

If your child is in **Year 3, 4, 5 or 6**, and you are in receipt of benefits, your child could be entitled to free school meals.

It is quick and easy to apply, either

call 0300 123 4048 or visit

[www.hertfordshire.gov.uk/services/schools-and-education/at-school/free-school-meals/free-school-meals.aspx](http://www.hertfordshire.gov.uk/services/schools-and-education/at-school/free-school-meals/free-school-meals.aspx)

If your child is in **Reception, Year 1 or 2**, school meals are free for **all** children and funded by the Governments Universal Free School Meals Grant. Even though the meals are free, we would encourage any family in receipt of benefits to apply for free school meals. This will enable the school to access additional funding for your child e.g. pupil premium. To apply simply follow the instructions above.

## Special Diets? Allergies?

*No problem...simply contact the school office or Email the Head of Catering*

*Paul Mills*

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**Allergy key :** GF— Gluten Free, DF— Dairy Free, NF— Nut Free, VG— Suitable for Vegan, V— Vegetarian

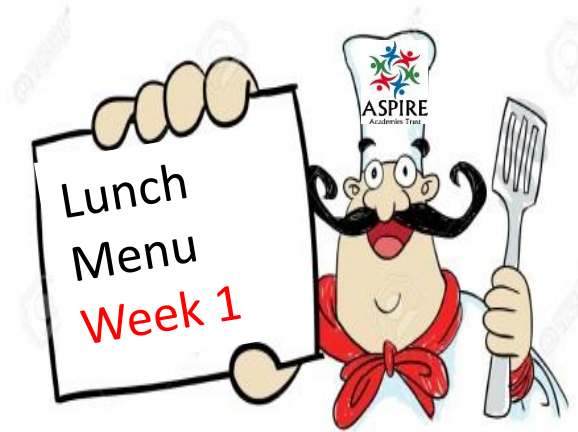
## Winter Menu

With Autumn in full swing and the colder weather arriving we have revisited the menu and added some more wholesome lunches such as pies, chilli and casseroles but still keeping classic favourites such as pastas, pizzas and burgers. This menu change sees the first collaboration with all of the Aspire kitchen family having an input to help design the lunch offer.

“Super Sauce” This is now one of our key ingredients that will be used in many different dishes and our will become our base sauce for pizzas. Our new Super Sauce incorporates over 5 different vegetables to help get as much fresh vitamins into a child's diet as possible.

Bon Appétit!

7<sup>th</sup> Jan, 28<sup>th</sup> Jan, 25<sup>th</sup> Feb, 18<sup>th</sup> Mar 2019

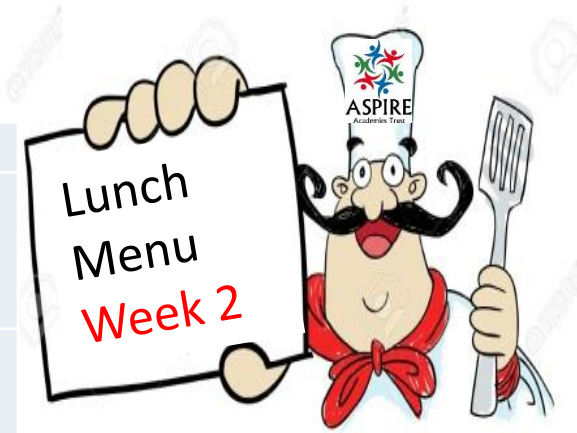


Day	Main Course	Veggie	Allergy Free
Monday	Pasta & Beef Bolognese with Garlic bread	Mac 'N' Cheese With Garlic Bread (NF,V)	Pasta Napolitano With Garlic Oil Bread (GF,V,VG,DF,NF)
Tuesday	Chicken Curry with Rice and Naan Bread (GF)	Sweet Potato, Chickpea & Spinach Curry with Rice and Naan Bread (V,VG,)	Cheese & Vegetable Bake topped with Potatoes (V,NF)
Wednesday	Pork Sausages with Mash, Vegetables and Gravy	Quorn Sausages with Mash, Vegetables and Gravy (V,NF)	Mushroom & Leak Pie topped with Mash and Vegetables (V,NF,GF)
Thursday	Roast Beef, served with Roast Potatoes, Fresh Vegetables, Yorkshire Pud and Gravy	Quorn & Vegetable Pie served with Roast Potatoes, Fresh Vegetables, Yorkshire Pud and Gravy (V,NF)	Stir-fry Vegetables with Mushroom Rice (GF,V,VG,DF,NF)
Friday	Pizza Feast - choice of Pepperoni, Margherita or Veggie topped pizza served with pasta, salad and golden wedges (GF,V,VG,DF,NF)		

Fresh Baked Jacket Potatoes with a choice of fillings are available every day

Help yourself salad bar is available every day

14<sup>th</sup> Jan, 4<sup>th</sup> Feb, 4<sup>th</sup> Mar, 2019



Day	Main Course	Veggie	Allergy Free
Monday	Fish & Chips with Peas	Vegetable Stir Fry and Rice (GF,V,VG,DF,NF)	Baked Cod served with Chips and Peas (GF,DF,NF)
Tuesday	Chicken Pie with Mash, Vegetables & Gravy	Savoury Quorn Mince and Potatoes served with Vegetables (V,NF)	Mixed Veg & Butternut Squash with Rice (V,VG,DF,NF)
Wednesday	Beef Chilli & Rice	5 bean Chilli & Rice (GF,V,VG,DF,NF)	Turkey Meatballs in Tomato Sauce and Pasta (GF,DF,NF)
Thursday	Roast Pork Chop served with Roast Potatoes and Fresh Vegetables, Yorkshire Pud and Gravy	Golden Bean Pie served with Roast Potatoes, Vegetables, Yorkshire Pud and Gravy (V,NF)	Sweet & Sour Chicken with Rice (GF,DF,NF)
Friday	Burger Bar - Choose between Beef, Chicken or a veggie burger, add fillings of your choice, served with chips, salad and vegetables (GF,DF,NF,V)		

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21<sup>st</sup> Jan, 11<sup>th</sup> Feb, 11<sup>th</sup> Mar, 2019



Day	Main Course	Veggie	Allergy Free
Monday	Sausage Roll, Chips and Vegetables	Cheese Pinwheels, Chips and Vegetables (V,VG,NF)	Turkey Meatballs and Rice (GF,DF,NF)
Tuesday	Beef Lasagne with Garlic Bread	Spinach & Ricotta Cannelloni, served with Garlic Bread (V,NF)	Mozzarella & Haddock Fish cake with Chips (GF,NF)
Wednesday	Lamb Shepherds Pie Served with Vegetables and Potatoes	Veggie Cottage Pie Served with Vegetables and Potatoes (GF,V,VG,NF)	Winter Vegetable Stew Served with Potatoes (GF,V,VG,DF,NF)
Thursday	Roast Chicken served with Roast Potatoes and Fresh Vegetables, Yorkshire Pud and Gravy	Roasted Quorn Fillet served with Roast Potatoes and Fresh Vegetables, Yorkshire Pud and Gravy	Red Lentil and Vegetable Lasagne with Garlic Oil Bread (GF,V,VG,NF)
Friday	Hot Dogs - Choose your own Hot Dog, Veggie Dog, allergy free Hot Dog, served with chips, salad and vegetables (DF,NF,V, VG,GF)		

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