

## FREE SCHOOL LUNCHES

### Are you eligible?

Yes there is such a thing!

**A saving of up to £12.25 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.

If your child is in **Reception, Year 1 or 2**, school meals are **free** for **all** children and funded by the Government's 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.

### How to apply

**Call: 0300 123 4048**

**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)

## MENU UPDATE

We have updated our menu ready for the 2<sup>nd</sup> half of the Autumn Term. We have looked at what our pupils enjoy the most and have devised a new healthy, balanced menu with a wide variety of options to choose from daily.

Following the successful introduction of both the sandwich and jacket potato option daily we will be keeping this on the menu going forward. It has been well received and we are pleased to see more and more pupils opting for our lunches.

We are always looking at ways to improve our lunch offering and welcome suggestions and feedback from both parents and pupils. If you have any suggestions to put forward or if you have any questions regarding the new menu please contact our catering manager Annie at [asillars@aspireacademies.org.uk](mailto:asillars@aspireacademies.org.uk)

## SPECIAL DIETS OR ALLERGIES

No problem...

Simply contact your school office who will advise you about our broad range of menu options that cater for all the below. Alternatively, contact Annie Sillars our Catering Manager who can discuss complex dietary needs/allergies in more detail.

Allergy key:  
GF - Gluten Free  
DF - Dairy Free  
NF - Nut Free  
VG - Suitable for Vegans  
V – Vegetarian  
H – Halal  
P – Pescatarian

All of our menus are nut free.



WEEK ONE: 30<sup>th</sup> Oct 2023, 20<sup>th</sup> Nov, 11<sup>th</sup> Dec, 3<sup>rd</sup> Jan 2024, 22<sup>nd</sup> Jan, 12<sup>th</sup> Feb, 11<sup>th</sup> Mar

### MONDAY

Salmon Fish Fingers with  
Wedges or Pasta

Jackfruit & Sweet Potato Curry  
with Rice V VN GF DF H

Jacket Potato with various  
toppings GF DF NF V VG

Cheese or Ham Roll

### TUESDAY

Spaghetti Bolognese  
DF GF

Quorn Nuggets with Diced  
Potatoes or Pasta  
GF V VN H

Jacket Potato with various  
toppings GF DF NF V VG

Cheese or Tuna Sandwich

### WEDNESDAY

Cheese & Chorizo  
Pinwheel with Saute Potatoes  
or Pasta

Veggi Meat Balls with Pasta  
V VN

Jacket Potato with various  
toppings GF DF NF V VG

Cheese or Chicken Wrap

### THURSDAY

Roast Chicken, Stuffing,  
Yorkshire Pudding & Roast  
Potatoes GF DF H

Quorn Fillet with Yorkshire &  
Roast Potatoes  
V VN G

Jacket Potato with various  
toppings GF DF NF V VG  
Cheese or Ham Baguette

### FRIDAY

Cheese Burger  
Chips or Pasta  
DF

Veggi Cheese Burger  
Chips or Pasta  
V VN H

Jacket Potato with various  
toppings GF DF NF V VG

Cheese or Egg Bap

WEEK TWO: 6<sup>th</sup> Nov 2023, 27<sup>th</sup> Nov, 18<sup>th</sup> Dec, 8<sup>th</sup> Jan 2024, 29<sup>th</sup> Jan, 26<sup>th</sup> Feb, 18<sup>th</sup> Mar

### MONDAY

Sausages in Red Onion Gravy  
with Mash GF DF

Tomato & Basil Pasta Bake  
DF GF V VN H

Jacket Potato with various  
toppings GF DF NF V VG

Cheese or Tuna Sub Roll

### TUESDAY

Meatballs in Super Sauce  
GF

Veggi Sausages in Gravy  
V H

Jacket Potato with various  
toppings GF DF NF V VG

Cheese or Ham  
Bloomer Sandwich

### WEDNESDAY

Chicken Curry with Rice  
GF H

Macaroni Cheese with  
Garlic Bread NF V

Jacket Potato with various  
toppings GF DF NF V VG

Cheese or Chicken Wrap

### THURSDAY

Roast Beef, Yorkshire & Roast  
Potatoes NF GF DF H

Cheese, Onion & Potato Bake  
with Roast Potatoes NF V H GF

Jacket Potato with various  
toppings GF DF NF V VG

Cheese or Tuna Bap

### FRIDAY

Pork Hot Dog with Chips or  
Pasta NF GF DF

Veggie Hot Dog with Chips or  
Pasta NF V H VG DF

Jacket Potato with various  
toppings GF DF NF V VG

Cheese or Egg Baguette

WEEK THREE: 13<sup>th</sup> Nov 2023, 4<sup>th</sup> Dec, 15<sup>th</sup> Jan 2024, 5<sup>th</sup> Feb, 4<sup>th</sup> Mar, 25<sup>th</sup> Mar

### MONDAY

BBQ Chicken fillet with Diced  
Potatoes or Pasta GF DF H

Cheese & Tomato Pinwheel  
Diced Potatoes or Pasta V H

Jacket Potato with various  
toppings GF DF V VG H

Cheese or Ham Roll

### TUESDAY

Shepherds Pie  
H

Veggi Pattie in a Bun with  
Wedges or Pasta V GF

Jacket Potato with various  
toppings GF DF NF V VG

Cheese or Ham Sandwich

### WEDNESDAY

Chicken Pie with  
Mash or Pasta H

Veggi Super Sauce Pasta Bake  
DF V VN

Jacket Potato with various  
toppings GF DF NF V VG

Cheese or Chicken Wrap

### THURSDAY

Roast Pork, Yorkshire & Roast  
Potatoes NF GF DF

Quorn Dippers with Roast  
Potatoes GF V VN H

Jacket Potato with various  
toppings GF DF NF V VG

Cheese or Ham Roll

### FRIDAY

Meaty Feast Pizza  
Chips or Pasta GF DF

Margherita Pizza  
GF DF V VN H

Jacket Potato with various  
toppings GF DF NF V VG H

Cheese or Egg Bap

All meals served throughout the week come with seasonal vegetables, a salad bar and pudding selection or fruit. GF, DF, V, VG, NF rolls available daily