



Taking your taste buds on a journey

We are pleased to let you know that Aspens has been chosen to provide the meal service at your child's school. Take a look below for a glimpse at our menu...

Our menus are 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.

WEEK 1

STREATERIES LUNCH MENU

WEEK 1
2/9, 23/9, 14/10, 4/11,
25/11, 16/12, 6/1, 27/1

MAINS

SIDES

BIG BOWL SALAD

DESSERTS

Daily Meal Deals
Regular
Chef's Specials

Freshly Made From Scratch
DAILY!

Fresh Cut Fruit
& Yogurt Pots
Available Daily

HANDCRAFTED DELI
SANDWICHES, BAGUETTES,
WRAPS, SALADS & MORE!

DELI KITCHEN
HOT GRAB & GO



MON
ASPENS LOADED
MAC & CHEESE
with Spring Onion, Pepper & Garlic

BUTTERNUT SQUASH,
CHILLI & MOZZARELLA
GNOCCHI

CRUNCHY
RAINBOW SALAD

TUE
NASHVILLE BAKED CRISPY
CHICKEN BURGER
with Ranch Slaw

CAJUN SPICED BAKED
VEGGIE BURGER
with Ranch Slaw

CRISPY BAKED
HOME FRIES

WED
ROAST PORK, STUFFING &
APPLE SAUCE
with Gravy

ROASTED ROOTS
FILO STRUDEL

SKIN ON ROASTIES
CARROTS & BROCCOLI

THU
GARLIC CHILLI
CHICKEN CURRY

SWEET & SOUR
CHICKPEA VEGETABLE
PATHIA CURRY

CARDAMOM RICE &
GREEN BEANS

FRI
BATTERED FISH
SAUSAGE or VEG SAUSAGE
(Seasoned or plain)

Margherita Pizza
Chicken Nuggets
Chips

MINTY PEAS, BAKED BEANS,
GRAVY OR CURRY SAUCE

- PASTA & NOODLE POTS -
CARBONARA PASTA | VEGGIE THAI STYLE NOODLE POT | BOLOGNESE PASTA | CHINESE CHICKEN CHOW MEIN NOODLES | CARBONARA PASTA
ITALIAN TOMATO PASTA - DAILY

BEANS - CHEESE | - JACKET POTATOES - | TUNA MAYO - SIMPLY PLAIN

CHICKEN
CAESAR SALAD

FALAFEL & POMEGRANATE
COUSCOUS SALAD

QUINOA & FETA
SUPERFOOD SALAD

HARISSA ROASTED
CAULIFLOWER, CHICKPEA
& SPINACH SALAD

TIKKA CHICKEN &
MINT YOGURT SALAD

WARM LEMON
DRIZZLE SPONGE
with Custard

BLACK & WHITE
SHORTBREAD COOKIE

STICKY TOFFEE
PUDDING
with Tiramisu Sauce

FLAPJACK

STRAWBERRY
TRIFLE POT



STREATERIES

Streateries is our secondary meal offer where every day has a theme. 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.



DELI KITCHEN

Our Deli Kitchen brand is for the popular standard Aspens hot and cold offers. This can range from Authentic Italian pizza and pasta, Hacienda Mexicana's 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.



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.

FREE SCHOOL MEALS CHECK IT OUT NOW!

For more information and to check if you can get free school meals please visit this website:
www.gov.uk/apply-free-school-meals
or scan the QR code below.

Think what else you could buy with the money you save!



WE KEEP TASTE BUDS EXCITED WITH OUR GREAT FLAVOURS OF THE MONTH THEMES AND SPECIALS!



Food Trends - What's hot and what's not!

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 ENCOURAGE CUSTOMERS TO TALK TO US TO TELL US WHAT THEY THINK SO WE CAN CONTINUALLY IMPROVE

We cater for different requirements so that all customers can enjoy a tasty meal with us every day.



Allergens and Special Diets

We cater for different requirements so that all customers can enjoy a tasty meal with us. For pre-packaged food, our labelling processes have been reviewed to give ingredients and allergen information in accordance with Natasha's Law. We continue to encourage customers to talk to us so we can work together to provide food that is safe to eat.

GREAT TASTING & GREAT VALUE FOOD AT SCHOOL!

See counters for further details



MEAL DEALS

FRESHLY MADE ON SITE IN OUR KITCHEN EVERY DAY!

*Free School Meal Allowance can be used to buy a Meal Deal.

GOOD FOR YOU & GOOD FOR THE PLANET

A subject high on the radar of our Gen Z customers! We have a range of initiatives and messages to support our ongoing journey to minimise the impact we have on the world.



CONTACT US

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