

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?

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 they
now eat a much wider
variety of food than ever
before - so we make
sure we keep up with their
tastes!

We engage with our
school cooks and chefs
to create new menus,
which places food that
excites them right at the
forefront. Global cuisine,
customisation and food on
the move have overtaken
traditional meals, but there
is still a place on our menu
for familiar favourites!

World Kitchen is our traditional hot food offer. Our exciting weekly menu is based on food from around the world and includes a range of hot and tasty puddings.

TRADITIONAL DISH

Bangers & Mash
Pork sausage with mash, peas and onion gravy

Burger Bar
Patty & Bun with Sriracha dirty slaw and dusted wedges

Roast Chicken
Served with crisp roasties, seasonal cabbage and gravy

Chicken Curry
Marinated chicken thigh in a mild curry sauce with rice Cucumber raita and Kachumber

Chicken Quarter Pounder & Chips
Breaded chicken in a bun with chips and peas

VEGGIE DISH



Bangers & Mash
Quorn sausage with mash, peas and onion gravy

Burger Bar
Vegetarian patty & Bun with Sriracha dirty slaw and dusted wedges

Creamy Quorn pie
Quorn & Veg puff pie with crisp roasties, seasonal cabbage and gravy

Sweet Potato Balti
Lightly spiced sweet potato, chickpea and lentil curry with rice, cucumber raita and Kachumber

Beet Burger
Beetroot & feta burger with mint yoghurt green salad and chips

Hot DELI.

Our Hot Deli Range includes fresh dough pizzas, pasta & noodle pots, filled jacket spuds & paninis hot chicken wraps, wings & dusted wedges. We rotate our range throughout the week.

DELICIOUS DESSERTS

Old school sponge and custard

Sticky orange cake

Baked American style cheesecake

Chocolate brownie

Ice cream tub



Cold DELI.

We have a great range of homemade savoury and sweet items. Freshly baked baguettes, rolls, wraps, sandwiches and salads. For afters ... a range of cold desserts, homemade cakes, biscuits and fruit pots.



Hot DELI.

Our range of hot deli items includes hot marinated chicken wraps, paninis, topped jackets, freshly prepared pizza slices and fresh pasta with a variety of homemade sauces.

PROMOTIONS AND OFFERS

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

We also hold a range of theme days to keep the menu exciting!

