

ASPIRE ACADEMIES TRUST – SUMMER/AUTUMN 2023 MENU



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

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



MENU UPDATE

We have updated our menu ready for the Summer Term. We have looked at what our pupils enjoy the most and have made some exciting changes.

We will now be providing the option of a sandwich and Jacket Potato daily. Due to the low uptake of our allergy friendly option we have decided to remove this from the menu and have incorporated allergy friendly options into our core menu.

We have reviewed feedback from previous surveys helping to inform our menu options and we have also changed our menu format to enable quick review displaying all three weeks menu on one page

If you have any questions regarding the new menu please contact your school office or our catering manager Annie Sillars at asillars@aspireacademies.org.uk

WEEK ONE: 17th April, 8th May, 5th June, 26th June, 17th July, 4th Sept, 25th Sept, 16th Oct



MONDAY

Pork Sausages & Mash Potato
NF GF

Roasted Vegetable Pasta Bake
NF DF V VG

Jacket Potato with various
toppings GF DF NF V VG

Cheese or Ham Roll

TUESDAY

Cheese & Bacon Pinwheel with
Wedges or Pasta NF

Veggie Meatballs in Super
Sauce with Wedges or Pasta
NF V VG

Jacket Potato with various
toppings GF DF NF V VG

Cheese or Tuna Sandwich

WEDNESDAY

Spaghetti Bolognese
NF DF

Omelette with Grilled Tomatoes
& Diced Potatoes NF

Jacket Potato with various
toppings GF DF NF V VG

Cheese or Chicken Wrap

THURSDAY

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

Quorn Fillet with Yorkshire &
Roast Potatoes NF V

Jacket Potato with various
toppings GF DF NF V VG

Cheese or Ham Roll

FRIDAY

Beef Burger in Bun
with Chips or Pasta NF

Cheesy Pizza with
Chips or Pasta NF V

Jacket Potato with various
toppings GF DF NF V VG

Cheese or Egg Baguette

GF, DF, V, VG, NF ROLLS AVAILABLE DAILY

WEEK TWO: 24th April, 15th May, 12th June, 3rd July, 11th Sept, 2nd Oct

MONDAY

Fish Fillet with Wedges or
Pasta NF GF H

Vegetarian Toad in the Hole
with Wedges or Pasta
NF V

Jacket Potato with various
toppings GF DF NF V VG

Cheese or Ham Roll

TUESDAY

Chicken Curry with Rice
NF GF H DF

Cheese Veggie Quiche with
Diced Potatoes or Rice NF V

Jacket Potato with various
toppings GF DF NF V VG

Cheese or Chicken
Bloomer Sandwich

WEDNESDAY

Meatballs in Super Sauce
with Pasta NF GF

Macaroni Cheese with
Garlic Bread NF V

Jacket Potato with various
toppings GF DF NF V VG

Cheese or Tuna 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 Ham Baguette

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 Roll

WEEK THREE: 1st May, 22nd May, 19th June, 10th July, 18th Sept, 9th Oct

MONDAY

Chicken Grill with Diced
Potatoes or Rice NF GF H

Roasted Vegetable Burrito with
Diced Potatoes or Rice NF V

Jacket Potato with various
toppings GF DF NF V VG

Cheese or Tuna Baguette

TUESDAY

Beef Lasagne with Herby Bread
NF

Quorn Nuggets with Potato
Wedges NF GF H V

Jacket Potato with various
toppings GF DF NF V VG

Cheese or Ham Sandwich

WEDNESDAY

Chicken Pie with Mash Potato
NF H

Vegetable Lasagne with
Garlic Bread NF V

Jacket Potato with various
toppings GF DF NF V VG

Cheese or Chicken Wrap

THURSDAY

Roast Pork, Yorkshire & Roast
Potatoes NF GF DF

Roasted Veggie Sausages with
Roast Potatoes NF V H

Jacket Potato with various
toppings GF DF NF V VG

Cheese or Ham Roll

FRIDAY

Pizza Feast with Chips or Pasta
GF DF H

Vegetable & Bean Burger in a
Bun NF V

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.