



## CATERING, CLEANING & CONSULTANCY SERVICES



Aspens is the company chosen by your nursery to provide the new meal service. We specialise in providing catering to schools and colleges across the country.

The food children eat at nursery plays an important role in their wellbeing, and eating a well-balanced diet will not only maintain and improve their health, but will also set them on the right track for later life. We understand this and that's why we are passionate about serving fresh, high quality and locally sourced food that is cooked in our kitchen.

### Responsible catering

At Aspens - we take our responsibility of catering for today's children and young adults seriously. All of our dishes are prepared everyday using quality, fresh and seasonal ingredients that are responsibly sourced.

As well as ensuring the food on the plate is healthy, we want our children to understand the importance of eating the right foods and help them with their food and nutrition journey.

### Great tasting food that your children will love

We know that our menus are good and lots of children enjoy one of our meals every day. But take a look at the other reasons why our meals are great:

- We are proud to support British farmers and producers and we take the sourcing of our ingredients seriously.
- Buying local, British produce enables us to support our farmers and invest in our local communities.
- We have awards from the British Hen Welfare Trust and Compassion in World Farming for our use of free range eggs.
- We make sure we have the freshest and highest quality produce on our menu.
- We buy Red Tractor, farm assured meat and poultry.
- Our menus don't contain any undesirable additives, hydrogenated fats or GM ingredients.

Just as you'd expect, you can trust us to provide meals which meet the Government's School Food Standards. Our menus are full of protein, whole grain rice and pasta, and vitamin-packed fresh fruits and vegetables to ensure your child has the fuel to perform academically throughout the day.

### Special diets and food allergens

Don't think that your child can't enjoy our great food if they have a special diet - they are an important part of our catering service. We can provide food if they have an intolerance, an allergy, or require an alternative choice due to religious beliefs.

Legislation requires caterers to provide allergen information for food sold that is served 'unpackaged'. Aspens already cater for lots of children with allergies and we regularly check the information from suppliers to see if there have been any ingredient changes. It is still important that parents talk to us so we can work together and continue to provide meals that are safe for them to eat.

## New online payment system

We are delighted to inform you that we have introduced a new online payment system.

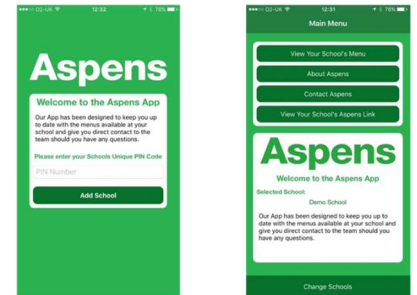
The purpose of this system means that you can:

- Order your child/children's preferred menu choice in advance
- Pay for nursery lunches via the system
- Order a day at a time, per week or even for a month in advance from the beginning of each term
- You can register more than one child

**It is important that you order your child's meal prior to 9am each day. This will not only ensure they receive lunch each day but also a meal of their choice avoiding disappointment and ensuring they are energised and ready to learn during their afternoon sessions.**

## The Aspens App

This is ideal for parents to check out what's on offer for lunch with just a couple of presses on your smartphone. It's simple enough – just search for the app at the App Store, install, add the unique PIN relating to your particular school and you will be able to view the current menu. Ask a member of our team or at the nursery office for your unique number.



## Sample Menu

For a sample menu please see the sheet attached.

## Get in touch

Aspens are experts in school catering and have years of experience when it comes to school food. If you have any questions about our service, or any special dietary requirements - please get in touch. You can contact us via email on [info@aspens-services.com](mailto:info@aspens-services.com) or call on 01905 759613. You will also find a host of information on our website – [www.aspens-services.com](http://www.aspens-services.com)