

Aspire Academy Trust is delighted to introduce Aspire Catering Services. Overleaf is our Autumn Term 2020 Menu.

Our aim is to ensure that all of our children can access a varied menu of fresh, home-cooked and nutritionally balanced meals every day. All of our dishes are carefully created to ensure they are nutritious, delicious and not only comply with, but exceed, the School Food Standards, as set out by the Government and Ofsted.

Our Catering Team will be creating exciting and engaging workshops for our pupils and wider school community. Our pupil activities will complement the curriculum of each academy and take a 'Whole School' approach to food and catering.

We are working hard to create a culture of sustainability across the Trust by eliminating single use plastics, reducing our food waste and engaging with our suppliers to reduce our carbon footprint.

We are proud of our Cornish heritage and are delighted to be working with local suppliers for all our produce to ensure that we keep our food miles low and support our local communities.

We are excited to bring this service and welcome all of our pupils and parents to join us in our mission to provide '**Food for Thought**'.

Children are encouraged to try to eat a **RAINBOW** of colours daily.



**If your child has additional dietary needs, please speak to the school**

Aspire Catering Services  
Aspire Academy Trust  
Unit 20  
St Austell Business Park  
Carclaze, St Austell,  
Cornwall, PL25 4FD



Aspire  
Catering  
Services

**Food for  
Thought**

**Autumn Term  
Menu 2020  
£2.35**

## Week 1

W/B: 7/9/20, 28/9/20, 19/10/20, 16/11/20 & 7/12/20.

MEATFREE MONDAY

Cheese & Tomato Pizza

Or

Vegetable pizza

With Homemade wedges

Flapjack



TUESDAY

Sausage Pasta Bake

Or Cheesy Pasta Bake

With sweetcorn

Shortbread



ROAST WEDNESDAY

Roast Gammon

Or

Quorn Roast

Roast Potatoes & Yorkshire Pudding

Seasonal Vegetables

Ice Cream

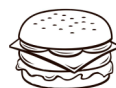
THURSDAY

Beef burger

Or

Veggie Burger

Homemade wedges & seasonal salad



FISH FRIDAY

Fish Fingers

Or

Quorn Dippers

Chips

Chocolate Sponge & chocolate sauce



## Week 2

W/B: 14/9/20, 5/10/20, 2/11/20, 23/11/20 & 14/12/20.

MEATFREE MONDAY

Mac & Cheese

Or

Vegetable pasta bake

Shortbread



TUESDAY

Chicken Curry

Or

Vegetable Curry

With Naan bread & sweetcorn

Lemon Drizzle Cake

ROAST WEDNESDAY

Roast Turkey

Or

Quorn Roast

Roast Potatoes & Yorkshire Pudding

Seasonal Vegetables

Frozen smoothie dessert



THURSDAY

Hot Dog

Or

Vegetarian Sausage

Homemade Wedges & seasonal salad

Flapjack

FISH FRIDAY

Fish and Chips

Or

Cheese and Bean Wrap

Chips

Cookie



## Week 3

W/B: 21/9/20, 12/10/20, 9/11/20 & 30/11/20,

MEATFREE MONDAY

Cheese and Tomato Pizza

Or

Vegetable pizza

With Homemade wedges

Shortbread



TUESDAY

Cottage pie

Or

Vegetarian cottage pie

Seasonal Vegetables

Apple Cake & custard

ROAST WEDNESDAY

Roast Pork

Or

Quorn Roast

Roast Potatoes & Yorkshire Pudding

Seasonal Vegetables

Ice Cream

THURSDAY

All Day Breakfast Box

Or

Veggie Breakfast

Rice Crispy Slice

FISH FRIDAY

Fishcakes

Or

Vegetable Dippers

Chips

Pear and Chocolate Cake



Available every day:

Jacket Potatoes with a choice of fillings- Ham, Tuna, Cheese or Beans. Fresh Homemade Bread and Salad.

A Choice of Yoghurt or Fruit is available as an additional dessert.

Fresh drinking water and milk are also freely available.