

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

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.

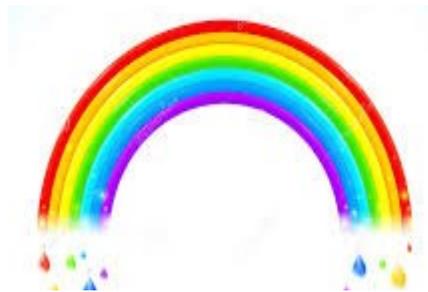
We are proud of our Cornish heritage and are delighted to be working with local suppliers for all our produce to ensure that we keep our food miles low and support our local communities.

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

Jacket Potatoes are available with a choice of fillings (Ham, Tuna, Cheese or Beans) Monday, Tuesday and Thursday.

Fresh Homemade Bread is available daily as is a Salad Bar.

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



A

choice of Yoghurt or Fruit is available as an additional dessert daily.

Fresh drinking water is freely available.

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

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: 28/9/2020, 19/10/2020, 16/11/2020, 07/12/2020,

MEATFREE MONDAY

Vegetable Pizza

Or

Cheese and Tomato Pizza

Homemade Potato Wedges

Seasonal Vegetables

Yoghurt or Fruit

Sausage and Mash

Or

Vegetarian Sausage

Onion Gravy

Seasonal Vegetables

Pancake and Fruit Compote



TUESDAY

Roast Gammon

Or

Quorn Roast

Roast Potatoes & Yorkshire Pudding

Seasonal Vegetables

Jelly or Fruit

Mild Chicken Curry with  
Wholegrain Rice

Or

Cheese and Onion

Filled Jacket Skins

Seasonal Vegetables

Shortbread Biscuit



THURSDAY

Fish Fingers

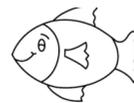
Or

Quorn Dippers

Chips

Beans or Peas

Chocolate Sponge and Chocolate  
Custard



FISH FRIDAY

## Week 2

W/B: 14/9/2020, 05/10/2020, 02/11/2020, 23/11/2020,  
14/12/2020

MEATFREE MONDAY

Mac Cheese

Or

Vegetable Pasta  
Bake



Garlic Bread

Seasonal Vegetables

Yoghurt or Fruit

Cottage Pie

Or

Homity Pie

Seasonal Vegetables

Flapjack or Fruit

TUESDAY

Roast Turkey

Or

Quorn Roast

Roast Potatoes & Yorkshire Pudding

Seasonal Vegetables

Ice Cream



ROAST WEDNESDAY

All Day Breakfast

Or

Vegetarian Breakfast

Crispy Slice or Fruit

THURSDAY

Battered MSC Fish

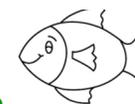
Or

Cheese and Bean Wrap

Chips

Beans and Peas

Angel Delight or Fruit



FISH FRIDAY

## Week 3

W/B: 21/9/2020, 12/10/2020, 9/11/2020, 30/11/2020,

MEATFREE MONDAY

Vegetable Pizza

Or

Cheese and Tomato Pizza

Homemade Potato Wedges

Seasonal Vegetables

Yoghurt or Fruit

Beef Lasagna

Or

Vegetable Lasagna

Italian Herb Bread

Seasonal Vegetables

Banoffee Cheesecake



TUESDAY

Roast Pork

Or

Quorn Roast

Roast Potatoes & Yorkshire Pudding

Seasonal Vegetables

Fruit Smoothie

ROAST WEDNESDAY

Build a Burger

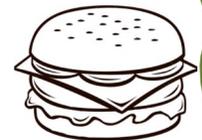
Or

Build a Bean Burger

Potato Wedges

Seasonal Vegetables

Baked Doughnut



THURSDAY

Fishcakes

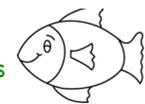
Or

Vegetable Dippers

Chips

Beans or Peas

Jelly or Fruit



FISH FRIDAY