

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: 3/9/2020, 21/9/2020, 12/10/2020, 9/11/2020, 30/11/2020

MEATFREE MONDAY	<p><b>Vegetable Pizza</b></p> <p>Or</p> <p><b>Cheese and Tomato Pizza</b></p> <p>Homemade Potato Wedges</p> <p>Seasonal Vegetables</p> <p>Yoghurt or Fruit</p>
TUESDAY	<p><b>Sausage and Mash</b></p> <p>Or</p> <p><b>Vegetarian Sausage</b></p> <p>Onion Gravy</p> <p>Seasonal Vegetables</p> <p>Pancake and Fruit Compote</p>
ROAST WEDNESDAY	<p><b>Roast Gammon</b></p> <p>Or</p> <p><b>Quorn Roast</b></p> <p>Roast Potatoes &amp; Yorkshire Pudding</p> <p>Seasonal Vegetables</p> <p>Jelly or Fruit</p>
THURSDAY	<p><b>Mild Chicken Curry with Wholegrain Rice</b></p> <p>Or</p> <p><b>Cheese and Onion Filled Jacket Skins</b></p> <p>Seasonal Vegetables</p> <p>Shortbread Biscuit</p>
FISH FRIDAY	<p><b>Fish Fingers</b></p> <p>Or</p> <p><b>Quorn Dippers</b></p> <p>Chips</p> <p>Beans or Peas</p> <p>Chocolate Sponge and Chocolate Custard</p>



### Week 2

W/B: 7/9/2020, 28/9/2020, 19/10/2020, 16/11/2020, 7/12/2020

MEATFREE MONDAY	<p><b>Mac Cheese</b></p> <p>Or</p> <p><b>Vegetable Pasta Bake</b></p> <p>Garlic Bread</p> <p>Seasonal Vegetables</p> <p>Yoghurt or Fruit</p>
TUESDAY	<p><b>Cottage Pie</b></p> <p>Or</p> <p><b>Homity Pie</b></p> <p>Seasonal Vegetables</p> <p>Flapjack or Fruit</p>
ROAST WEDNESDAY	<p><b>Roast Turkey</b></p> <p>Or</p> <p><b>Quorn Roast</b></p> <p>Roast Potatoes &amp; Yorkshire Pudding</p> <p>Seasonal Vegetables</p> <p>Ice Cream</p>
THURSDAY	<p><b>All Day Breakfast</b></p> <p>Or</p> <p><b>Vegetarian Breakfast</b></p> <p>Crispy Slice or Fruit</p>
FISH FRIDAY	<p><b>Battered MSC Fish</b></p> <p>Or</p> <p><b>Cheese and Bean Wrap</b></p> <p>Chips</p> <p>Beans and Peas</p> <p>Angel Delight or Fruit</p>



### Week 3

W/B: 14/9/2020, 5/10/2020, 2/11/2020, 23/11/2020, 14/12/2020

MEATFREE MONDAY	<p><b>Vegetable Pizza</b></p> <p>Or</p> <p><b>Cheese and Tomato Pizza</b></p> <p>Homemade Potato Wedges</p> <p>Seasonal Vegetables</p> <p>Yoghurt or Fruit</p>
TUESDAY	<p><b>Beef Lasagna</b></p> <p>Or</p> <p><b>Vegetable Lasagna</b></p> <p>Italian Herb Bread</p> <p>Seasonal Vegetables</p> <p>Banoffee Cheesecake</p>
ROAST WEDNESDAY	<p><b>Roast Pork</b></p> <p>Or</p> <p><b>Quorn Roast</b></p> <p>Roast Potatoes &amp; Yorkshire Pudding</p> <p>Seasonal Vegetables</p> <p>Fruit Smoothie</p>
THURSDAY	<p><b>Build a Burger</b></p> <p>Or</p> <p><b>Build a Bean Burger</b></p> <p>Potato Wedges</p> <p>Seasonal Vegetables</p> <p>Baked Doughnut</p>
FISH FRIDAY	<p><b>Fishcakes</b></p> <p>Or</p> <p><b>Vegetable Dippers</b></p> <p>Chips</p> <p>Beans or Peas</p> <p>Jelly or Fruit</p>

