

Aspire Academy Trust is delighted to introduce Aspire Catering Services.

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 new service to our Trust 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, Thursday & Friday.

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.

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

Aspire Catering Services

Autumn Term Menu



Food for Thought

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

Week 1

W/B: 4/9/19, 23/9/19, 14/10/19, 11/11/19, 2/12/19

Monday

Cheese & Tomato Pizza or
Pasta with Super Hero Tomato Sauce
Homemade Coleslaw
Yoghurt or Fruit



Tuesday

Cornish Sausage in a Roll or
Vegetarian Sausage in a Roll
Homemade Jacket Wedges
Seasonal Vegetables
St Clement Cake

Wednesday

Roast Chicken or
Quorn Roast
Roast Potatoes & Yorkshire Pudding
Seasonal Vegetables
Chocolate Sponge Pudding with Chocolate Custard

Thursday

Spaghetti Bolognese or
Vegetable Bolognese
Seasonal Vegetables
Carrot Cake

Friday

Battered Fish or
Vegetable Crustless Quiche
Chips
Seasonal Vegetables
Strawberry Mousse

Please note:

On rare occasions, due to circumstances beyond our control (e.g. non-delivery or equipment problems), it may be necessary to vary the menu.

However, a hot meal will *always* be available. Changes in advance will be noted on the weekly newsletter whenever possible.



Week 2

W/B: 9/9/19, 30/9/19, 28/10/19, 18/11/19, 9/12/19

Monday

Vegetable Lasagne or
Tuna & Tomato Bake
Garlic Bread
Seasonal Vegetables
Gingerbread Cookie

Tuesday

Chicken Pie or
Creamy Pesto Pasta
Mashed Potato
Seasonal Vegetables
Banana Bread



Wednesday

Roast Beef or
Cauliflower Cheese
Roast Potatoes & Yorkshire Pudding
Seasonal Vegetables
Apple & Berry Crumble with Custard

Thursday

Build Your Own Beef Burger or
Vegetable Burger
Jacket Wedges
Seasonal Vegetables
Crispy Slice & Melon



Friday

Fish Fingers or
Vegetable Dippers
Chips
Seasonal Vegetables
Frozen Smoothie



Week 3

W/B: 16/9/19, 7/10/19, 4/11/19, 5/11/19, 16/12/19

Monday

Macaroni Cheese or
Vegetable Pasta Bake
Seasonal Vegetables
Shortbread



Tuesday

Mild Chicken Curry or
Vegetable Chilli
Wholegrain Rice
Seasonal Vegetables
Apple Cake

Wednesday

Roast Gammon or
Quorn Roast
Roast Potatoes & Yorkshire Pudding
Seasonal Vegetables
Fruit & Oat Slice with Custard



Thursday

All Day Breakfast or
Vegetarian All Day Breakfast
Beans, Mushrooms & Tomatoes
Ice Cream



Friday

Crispy Fish Tacos (Cod Goujon) or
Salmon Fishcake
Chips
Salad or Beans & Sweetcorn
Jelly