

FREE SCHOOL LUNCHES

Are you eligible?

Yes there is such a thing!

A saving of up to £12.25 per child per week.....that is around £400 per child per year.

If your child is in **Year 3, 4, 5 or 6**, and you are in receipt of benefits, your child could be entitled to free school meals.

If your child is in **Reception, Year 1 or 2**, school meals are **free** for **all** children and funded by the Government's Universal Free School Meals Grant. Even though the meals are free, we would encourage any family in receipt of benefits to apply for free school meals. This will enable the school to access additional funding for your child e.g. pupil premium. To apply simply follow the instructions above.

How to apply

Call: 0300 123 4048

Visit: www.hertfordshire.gov.uk/services/schools-and-education/at-school/free-school-meals/free-school-meals.aspx

MENU UPDATE

We have updated our menu ready for the 2nd half of the Autumn Term. We have looked at what our pupils enjoy the most and have devised a new healthy, balanced menu with a wide variety of options to choose from daily.

Following the successful introduction of both the sandwich and jacket potato option daily we will be keeping this on the menu going forward. It has been well received and we are pleased to see more and more pupils opting for our lunches.

We are always looking at ways to improve our lunch offering and welcome suggestions and feedback from both parents and pupils. If you have any suggestions to put forward or if you have any questions regarding the new menu please contact our catering manager Annie at asillars@aspireacademies.org.uk

SPECIAL DIETS OR ALLERGIES

No problem...

Simply contact your school office who will advise you about our broad range of menu options that cater for all the below. Alternatively, contact Annie Sillars our Catering Manager who can discuss complex dietary needs/allergies in more detail.

Allergy key:
GF - Gluten Free
DF - Dairy Free
NF - Nut Free
VG - Suitable for Vegans
V – Vegetarian
H – Halal
P – Pescatarian

All of our menus are nut free.



WEEK ONE: 30th Oct 2023, 20th Nov, 11th Dec, 3rd Jan 2024, 22nd Jan, 12th Feb, 11th Mar

MONDAY

Salmon Fish Fingers with
Wedges or Pasta

Jackfruit & Sweet Potato Curry
with Rice V VG GF DF H

Jacket Potato with various
toppings GF DF NF V VG

Cheese or Ham Roll

TUESDAY

Spaghetti Bolognese
DF GF

Quorn Nuggets with Diced
Potatoes or Pasta
GF V VG H

Jacket Potato with various
toppings GF DF NF V VG

Cheese or Tuna Sandwich

WEDNESDAY

Cheese & Chorizo
Pinwheel with Saute Potatoes
or Pasta

Veggie Meatballs with Pasta
V VG

Jacket Potato with various
toppings GF DF NF V VG

Cheese or Chicken Wrap

THURSDAY

Roast Chicken, Stuffing,
Yorkshire Pudding & Roast
Potatoes GF DF H

Quorn Fillet with Yorkshire &
Roast Potatoes V VG G

Jacket Potato with various
toppings GF DF NF V VG

Cheese or Ham Baguette

FRIDAY

Cheese Burger with
Chips or Pasta
DF

Veggie Cheese Burger with
Chips or Pasta V VG H

Jacket Potato with various
toppings GF DF NF V VG

Cheese or Egg Bap

WEEK TWO: 6th Nov 2023, 27th Nov, 18th Dec, 8th Jan 2024, 20th Jan, 26th Feb, 18th Mar

MONDAY

Sausages in Red Onion Gravy
with Mash GF DF

Tomato & Basil Pasta Bake
DF GF V VG H

Jacket Potato with various
toppings GF DF NF V VG

Cheese or Tuna Sub Roll

TUESDAY

Chicken & Sweetcorn Meatballs
in Super Sauce GF

Veggie Sausages in Gravy
V H

Jacket Potato with various
toppings GF DF NF V VG

Cheese or Ham
Bloomer Sandwich

WEDNESDAY

Chicken Curry with Rice
GF H

Macaroni Cheese with
Garlic Bread NF V

Jacket Potato with various
toppings GF DF NF V VG

Cheese or Chicken Wrap

THURSDAY

Roast Beef, Yorkshire & Roast
Potatoes NF GF DF H

Cheese, Onion & Potato Bake
with Roast Potatoes NF V H GF

Jacket Potato with various
toppings GF DF NF V VG

Cheese or Tuna Bap

FRIDAY

Pork Hot Dog with Chips or
Pasta NF GF DF

Veggie Hot Dog with Chips or
Pasta NF V H VG DF

Jacket Potato with various
toppings GF DF NF V VG

Cheese or Egg Baguette

WEEK THREE: 13th Nov 2023, 4th Dec, 15th Jan 2024, 5th Feb, 4th Mar, 25th Mar

MONDAY

BBQ Chicken fillet with Diced
Potatoes or Pasta GF DF H

Cheese & Tomato Pinwheel
Diced Potatoes or Pasta V H

Jacket Potato with various
toppings GF DF V VG H

Cheese or Ham Roll

TUESDAY

Shepherd's Pie
H

Veggie Pattie in a Bun with
Wedges or Pasta V GF

Jacket Potato with various
toppings GF DF NF V VG

Cheese or Ham Sandwich

WEDNESDAY

Chicken Pie with
Mash or Pasta H

Veggie Super Sauce Pasta
Bake
DF V VG

Jacket Potato with various
toppings GF DF NF V VG

Cheese or Chicken Wrap

THURSDAY

Roast Pork, Yorkshire & Roast
Potatoes NF GF DF

Quorn Dippers with Roast
Potatoes DF V VG H

Jacket Potato with various
toppings GF DF NF V VG

Cheese or Ham Roll

FRIDAY

Meaty Feast Pizza
Chips or Pasta GF DF

Margherita Pizza
GF DF V VN H

Jacket Potato with various
toppings GF DF NF V VG H

Cheese or Egg Bap

All meals served throughout the week come with seasonal vegetables, a salad bar and pudding selection or fruit. GF, DF, V, VG, NF rolls available daily