

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



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
VG - Suitable for Vegans
V – Vegetarian
H – Halal
P - Pescatarian

MENU UPDATE

Our new Spring/Summer menu introduces Tex-Mex dishes, a new pasta station menu and includes some favourites that have been popular on our themed menu days.

As always we continue to look at ways to encourage pupils to eat healthily and have made changes to our salad counters adding a variety of different options daily giving pupils the opportunity to try different salad dishes.

We have maintained our sandwich and Jacket Potato option daily as this has been very popular.

Finally, we have been looking at our dessert options and will be introducing some new recipes after Easter Break.

If you have any questions regarding the new menu please contact your school office or our catering manager Annie Sillars at asillars@aspireacademies.org.uk

WEEK ONE: 15th April, 6th May, 3rd June, 24th June, 15th July, 2nd Sept, 23rd Sept, 14th Oct



MONDAY
Tex-Mex Open Chicken Burrito with Savoury Rice GF H

Muffin Omelette with Grilled Tomato, Saute Potatoes or Rice GF V VG H

Jacket Potato with various toppings GF DF NF V VG

Cheese or Ham Roll

TUESDAY
Pork Sausages with BBQ Sauce, Wedges or Pasta GF

Quorn Dippers with Dipping Sauce, Wedges or Pasta DF V VG

Jacket Potato with various toppings GF DF NF V VG

Cheese or Chicken Sandwich

WEDNESDAY
Pasta Station Wednesday Creamy Bacon Sauce GF Or Basil & Tomato GF DF V VG H Served with Side Salad & Garlic Bread

Jacket Potato with various toppings GF DF NF V VG

Cheese or Tuna Wrap

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

Quorn Fillet with Yorkshire & Roast Potatoes NF V

Jacket Potato with various toppings GF DF NF V VG

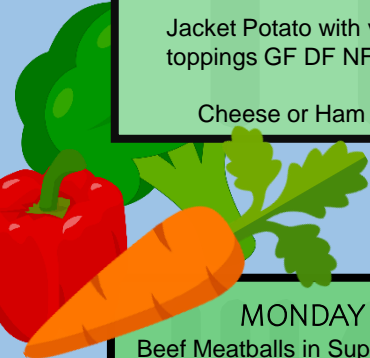
Cheese or Ham Bloomer

FRIDAY
Hot Dog with Chips or Pasta GF DF

Cheesy Pizza Pinwheel with Chips or Pasta DF V VG H

Jacket Potato with various toppings GF DF NF V VG

Cheese or Egg Baguette



WEEK TWO: 22nd April, 13th May, 10th June, 1st July, 22nd July, 9th Sept, 30th Sept, 21st Oct

MONDAY
Beef Meatballs in Super Sauce with Pasta or Diced Potatoes DF

Creamy Veg Pie with Diced Potatoes or Pasta V H

Jacket Potato with various toppings GF DF NF V VG

Cheese or Tuna Baguette

TUESDAY
Salmon Fish Fingers with Wedges or Pasta GF DF H

Macaroni Cheese with Herby Bread V H

Jacket Potato with various toppings GF DF NF V VG

Cheese or Ham Bloomer Sandwich

WEDNESDAY
Chicken Pie with Mash or Pasta H

Veggie Sausages with Mash or Pasta DF V VG H

Jacket Potato with various toppings GF DF NF V VG

Cheese or Chinese 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

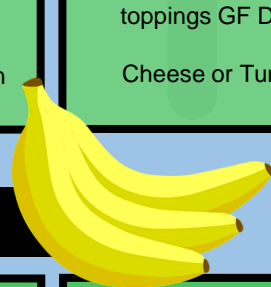
Cheese or Tuna Bloomer

FRIDAY
Cheese Burger with Chips or Pasta

Pizza Wrap with Chips or Pasta GF DF V VE H

Jacket Potato with various toppings GF DF NF V VG

Cheese or Egg Roll



WEEK THREE: 29th April, 20th May, 17th June, 8th July, 16th Sept, 7th Oct

MONDAY
Cheese & Chorizo Pinwheel with Wedges or Pasta

Veggie Summer Pasta Bake with Garlic Bread GF DF V VG H

Jacket Potato with various toppings GF DF NF V VG

Cheese or Ham Bag

TUESDAY
Enchilada Lasagne Stack with 5 Bean Rice H

Creamy Vegetable Crown with Diced Potato or Rice V H

Jacket Potato with various toppings GF DF NF V VG

Cheese or Ham Sandwich

WEDNESDAY
Chicken Balls served with Sweet & Sour/Curry Sauce GF

Veggie Balls served with Sweet & Sour/Curry Sauce GF V VG H

Jacket Potato with various toppings GF DF NF V VG

Cheese or Chicken Wrap

THURSDAY
Roast Gammon Yorkshire & Roast Potatoes NF GF DF

Quorn 'Chicken' Pieces with Yorkshire & Roast Potatoes V VG H

Jacket Potato with various toppings GF DF NF V VG

Cheese or Ham Bloomer

FRIDAY
Fish Fillet with Chips or Pasta GF DF V VG H

Margherita Pizza Slice with Chips or Pasta GF DF V VG

Jacket Potato with various toppings GF DF NF V VG H

Cheese or Egg Roll



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