



## TAKE YOUR CHILD'S IMAGINATION ON A FOOD JOURNEY WITH ASPENS

Aspens has been chosen to provide the meal service at your child's school. Take a look below for a glimpse at a typical menu...

### Knowing Where Your Food Comes From

We take our responsibility of catering for today's children and young adults seriously. All of our dishes are prepared every day using quality, fresh and seasonal ingredients that are responsibly sourced. Our supply chain is traceable, so we can ensure the provenance of all produce.

Our dishes are created and served by experienced and enthusiastic staff. As well as ensuring the food on the plate is healthy, we want our customers to understand the importance of eating the right foods and help them with their food and nutrition journey.

### OUR FANTASTIC FOOD

We don't only create delicious favourite dishes from home and around the world, we make it fun!

We aim to make lunchtime the best time of the day and it definitely is when we hold one of our regular theme days! Planned to link in to the school calendar or seasonal healthy food initiatives, our staff may dress up and decorate the counter to serve something deliciously different on the menu - it's the stuff of great school food memories!

WEEK 1

### Our Great New Menu

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MEAT	MEAT EVENT Beef Burger & Sweet Potato Chips	MAGIC Milkshake & Fruit & Yogurt	RAINBOW Rice & Veggie Burger	PIG Pork & Veggie Burger	PIZZA Pizza & Veggie Burger
VEGETARIAN	Vegetarian Burger & Sweet Potato Chips	Vegetarian Burger & Sweet Potato Chips	Vegetarian Burger & Sweet Potato Chips	Vegetarian Burger & Sweet Potato Chips	Vegetarian Burger & Sweet Potato Chips
DRINK	Water	Water	Water	Water	Water

### FUN THEME DAYS



# FOOD FESTIVAL

By Aspens

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### Easy Peasy Pizza

### Activity Six Cooking

#### Basic Ingredients

300g Bread Mix, 200ml Warm Water, 100g Cheese, 25 ml Tomato Sauce, Dried Herbs

#### Method

Remember to wash your hands well before following the basic method below. Add additional toppings to create your own customised pizza



Mix 300g bread mix with 200ml warm water - when the dough starts to form take out of the bowl and knead on a floured board using clean hands



When the dough is smooth & elastic, place on a baking sheet and stretch or roll out until you get a thin round base



Using a spoon, spread the tomato sauce thinly over the base leaving a small gap around the edges



Carefully grate the cheese and sprinkle over the top. Add herbs and any other toppings you would like



Bake in a hot oven around 200°C for 10 - 12 minutes until the cheese is golden and bubbling

**HELP YOUR CHILD SOAR WITH A SCHOOL MEAL!**  
And it could be FREE! Check to see if your child is now eligible.

2+2=4

**Ask at the office to find out more!**

Save money, Save time, Save hassle.

Fuel your child with energy!

All Reception, Year 1 and Year 2 meals are FREE!!

**What's in season?**

FOOD FESTIVAL

OCTOBER

**APPLE**

Rainbow Alley









# APPLE FUN FACTS

1. APPLES ARE TYPICALLY HARVESTED IN THE AUTUMN. THIS IS WHEN THE AIR GETS A LITTLE COOLER, AND THE LEAVES ON THE TREES START TO CHANGE COLOUR.
2. DID YOU KNOW THAT APPLES CAN FLOAT IN WATER?
3. IN THE SPRING, APPLE TREES BLOOM WITH PRETTY FLOWERS. THESE FLOWERS EVENTUALLY TURN INTO APPLES AS THE SEASONS CHANGE.
4. BEES AND OTHER INSECTS LOVE APPLE BLOSSOMS. THEY HELP POLLINATE THE FLOWERS, WHICH IS LIKE NATURE'S WAY OF MAKING SURE APPLES CAN GROW.
5. APPLES ARE FILLED WITH GOOD THINGS FOR OUR BODIES, LIKE VITAMINS AND FIBRE. REMEMBER, "AN APPLE A DAY KEEPS THE DOCTOR AWAY!"

*Did you Know?*  
**INTERNATIONAL FACT**  
 There are over 7,500 varieties of apples grown around the world.

# APPLE ACTIVITIES

Some of the Apples have lost their numbers. Can you fill them in so the sums all work?

	+		=	
	-		=	
	+		=	