



WELCOME BACK

18th September

**Golden Meatballs
in Tomato Sauce**
(Chicken Meatballs)

**Rainbow Roast Vegetable
& Butterbean Traybake**

with

Sweet Potato Wedges,
Sweetcorn and Broccoli

and

**Sparkle
Sprinkle Cookie**

This month's themed day menu will take place on Thursday 18th September. Please join us for a special Welcome Back lunch! Just book your child's lunch in the normal way.

A Very BIG welcome back to all of our primary school children. We hope you have had a fantastic summer break!



SEASONALITY CALENDAR

SEPTEMBER



LEEK

OCTOBER



APPLE

NOVEMBER



SWEET POTATO

DECEMBER



BRUSSELS
SPROUT

JANUARY



KALE

FEBRUARY



ONION

MARCH



CABBAGE

APRIL



RADISH

MAY



PEPPER

JUNE



LETTUCE

JULY



SWEETCORN

Welcome back to school, we hope you had a fantastic summer break. For those of you just starting school we would like to introduce you to the Aspens monthly newsletter. We hope you find it fun & informative! Each month we will be introducing to you the seasonality calendar, this month we are talking about leeks!



LEEK FUN FACTS

1. YOU CAN EAT BOTH THE WHITE AND GREEN PARTS OF THE LEEK, BUT THE WHITE PART IS MORE TENDER AND TASTY. LEEKS CAN ALSO BE EATEN RAW.
2. ONE OF THE MOST FAMOUS DISHES MADE WITH LEEKS IS POTATO LEEK SOUP!
3. LEEKS PROVIDE A GOOD AMOUNT OF DIETARY FIBRE, WHICH HELPS KEEP YOUR DIGESTIVE SYSTEM HAPPY.
4. LEEKS ARE PACKED WITH VITAMINS A, C AND K, WHICH ARE GREAT FOR YOUR EYES, SKIN AND BONES!
5. LEEKS ARE PART OF THE ALLIUM FAMILY, WHICH INCLUDES ONIONS, GARLIC AND CHIVES.



Did you Know?

The leek is one of the national symbols of Wales. On St. David's Day, many Welsh people wear a leek or daffodil as a symbol of their heritage.



THE BIG COUNT

We have fruit and vegetables EVERYWHERE! Can you count how many of each we have?

Do you know what they are? Write them underneath the picture.

