

**FOOD
FESTIVAL**
By Aspens

SPARKLE SPECTACULAR

Filled with flavours that will light up your day!



**Did you
know?**

Fireworks aren't just for fun. They were used in ancient times to make celebrations extra special, keep away evil spirits and bring good luck!

Don't miss our explosive feast, guaranteed to ignite your taste buds!

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5th November

Bonfire Banger Hot Dogs
with Sweet Potato Wedges
and Rainbow Slaw

Or

Quorn Bonfire Banger Hot Dogs
with Sweet Potato Wedges
and Rainbow Slaw

And

Toffee Apple Sponge & Custard

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**On Wednesday
5th November
we will be
doing our next
themed day
menu, come &
join us!**



What's in season?



FOOD FESTIVAL
By Aspinall

SWEET POTATO FUN FACTS

1. SWEET POTATOES GROW UNDERGROUND. THE PART WE EAT IS THE ROOT OF THE PLANT, AND IT'S FULL OF YUMMY NUTRIENTS.
2. SWEET POTATOES CAN BE ORANGE, YELLOW, PURPLE, OR EVEN WHITE! THEY COME IN DIFFERENT COLOURS LIKE A BOX OF CRAYONS.
3. SWEET POTATO PLANTS GROW LONG VINES WITH HEART-SHAPED LEAVES. IT'S LIKE A SECRET HIDEOUT FOR ANIMALS LIKE RABBITS TO EXPLORE!
4. THE "SWEET" IN SWEET POTATOES COMES FROM NATURAL SUGARS THEY HAVE. BUT THEY'RE A HEALTHIER KIND OF SWEET, LIKE A TREAT FROM NATURE.
5. SWEET POTATOES ARE SUPER HEALTHY. THEY'RE FULL OF VITAMINS AND FIBRE, WHICH HELP OUR BODIES GROW STRONG AND KEEP US FEELING GOOD.

Did you know?
INTERNATIONAL FACT
In America, sweet potatoes are a special part of Thanksgiving. They traditionally serve a sweet potato casserole with marshmallows.

FOOD FESTIVAL
By Aspinall

SWEET POTATO ACTIVITIES

The vegetables have got their names all jumbled. Can you unscramble the letters to save their names?



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R Y E A R S W T B R

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Cost of Living!



What is the "Cost of Living"?
Imagine all the things your family needs to buy every single week to live comfortably. The "Cost of Living" is simply how much money it takes to buy all those important things.

- FOOD:** All the meals and snacks your family eats.
- A PLACE TO LIVE:** Paying for your house or apartment.
- CLOTHES:** Buying new clothes and shoes as you grow.
- TRAVEL:** Money for buses, trains, or petrol for a car.
- OTHER NEEDS:** Electricity, water and school supplies.

The prices of these things can change and even go up. When this happens, it can be tricky for families to afford everything they need. This is what we call a "cost of living crisis."

School meals can be a big help because they're more convenient way to get a healthy meal compared to making packed lunches or cooking every meal at home.

Inflation is when the prices of things we buy (like toys, food, or clothes) go up over time, so your money doesn't buy as much as it used to.

More Than Just a Meal!

School meals aren't just about fuelling students; they play a huge role in your overall wellbeing and health. Eating a balanced diet sets you up for a healthier future. That's why at Aspens we serve fresh food and cooked right here in our kitchens. **It's about fuelling your body and mind so you can perform your best, both in and out of the classroom.**

Serving Up Solutions



Even if your school meal is free for you, it still costs money to make! Just like everything else, the cost of making school meals goes up with inflation. Let's think about what's needed...

- INGREDIENTS:** Fresh food costs money.
- KITCHEN TEAM:** The people who cook and serve your meals need to be paid for their work.
- KITCHEN ENERGY:** Ovens, fridges and lights use electricity and gas, which costs money.
- EQUIPMENT & CLEANING:** Plates, cutlery and keeping the kitchen clean all have a cost.

Therefore school meals typically provide better value compared to packed lunches, particularly when considering the overall cost and convenience. Check out the cost comparison table below:

Cost Comparison Table by School Health UK

Type	Per Day (avg)	Weekly Cost	Annual Cost
School Meals (Primary)	£2.80	£14.00	£546.00
School Meals (Secondary)	£2.50	£12.50	£487.50
Packed Lunch (Primary)	£3.50	£17.50	£682.50
Packed Lunch (Secondary)	£4.00	£20.00	£780.00