

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 VN 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 VN H
 Jacket Potato with various toppings GF DF NF V VG
 Cheese or Tuna Sandwich

WEDNESDAY
 Cheese & Chorizo Pinwheel with Saute Potatoes or Pasta
 Veggi Meat Balls with Pasta V VN
 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 VN G
 Jacket Potato with various toppings GF DF NF V VG
 Cheese or Ham Baguette

FRIDAY
 Cheese Burger Chips or Pasta DF
 Veggi Cheese Burger Chips or Pasta V VN 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, 29th Jan, 26th Feb, 18th Mar

MONDAY
 Sausages in Red Onion Gravy with Mash GF DF
 Tomato & Basil Pasta Bake DF GF V VN H
 Jacket Potato with various toppings GF DF NF V VG
 Cheese or Tuna Sub Roll

TUESDAY
 Meatballs in Super Sauce GF
 Veggi 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
 Shepherds Pie H
 Veggi 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
 Veggi Super Sauce Pasta Bake DF V VN
 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 GF V VN 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