

## FREE SCHOOL LUNCHES

### Are you eligible?

Yes there is such a thing!

**A saving of up to £13.25 per child per week.....that is around £500 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](http://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 2<sup>nd</sup> 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](mailto: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:

- Gluten Free
- Dairy Free
- Nut Free

VG - Suitable for Vegans

V – Vegetarian

H – Halal

P – Pescatarian

All of our menus are nut free.



WEEK ONE: 30<sup>th</sup> Oct 2023, 20<sup>th</sup> Nov, 11<sup>th</sup> Dec, 3<sup>rd</sup> Jan 2024, 22<sup>nd</sup> Jan, 12<sup>th</sup> Feb, 11<sup>th</sup> Mar



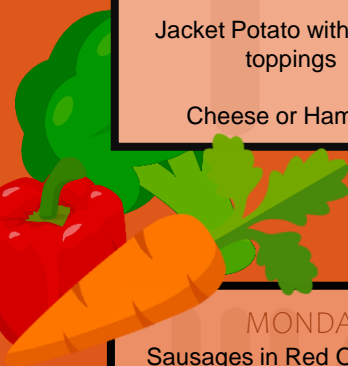
**MONDAY**  
 Salmon Fish Fingers with Wedges or Pasta  
 Jackfruit & Sweet Potato Curry with Rice V H  
 Jacket Potato with various toppings  
 Cheese or Ham Roll

**TUESDAY**  
 Spaghetti Bolognese  
 Quorn Nuggets with Diced Potatoes or Pasta V H  
 Jacket Potato with various toppings  
 Cheese or Tuna Sandwich

**WEDNESDAY**  
 Cheese & Chorizo Pinwheel with Saute Potatoes or Pasta  
 Veggi Meat Balls with Pasta V H  
 Jacket Potato with various toppings  
 Cheese or Chicken Wrap H

**THURSDAY**  
 Roast Chicken, Stuffing, Yorkshire Pudding & Roast Potatoes H  
 Quorn Fillet with Yorkshire & Roast Potatoes V H  
 Jacket Potato with various toppings  
 Cheese or Ham Baguette

**FRIDAY**  
 Cheese Burger Chips or Pasta  
 Veggi Cheese Burger Chips or Pasta V H  
 Jacket Potato with various toppings  
 Cheese or Egg Bag



WEEK TWO: 6<sup>th</sup> Nov 2023, 27<sup>th</sup> Nov, 18<sup>th</sup> Dec, 8<sup>th</sup> Jan 2024, 20<sup>th</sup> Jan, 26<sup>th</sup> Feb, 18<sup>th</sup> Mar

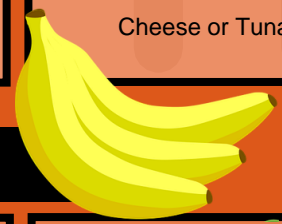
**MONDAY**  
 Sausages in Red Onion Gravy with Mash  
 Tomato & Basil Pasta Bake V H  
 Jacket Potato with various toppings  
 Cheese or Tuna Sub Roll

**TUESDAY**  
 Chicken & Sweetcorn Meatballs in Super Sauce  
 Veggi Sausages in Gravy V H  
 Jacket Potato with various toppings  
 Cheese or Ham Bloomer Sandwich

**WEDNESDAY**  
 Chicken Curry with Rice H  
 Macaroni Cheese with Garlic Bread V H  
 Jacket Potato with various toppings  
 Cheese or Chicken Wrap H

**THURSDAY**  
 Roast Beef, Yorkshire & Roast Potatoes H  
 Cheese, Onion & Potato Bake with Roast Potatoes V H  
 Jacket Potato with various toppings  
 Cheese or Tuna Bap

**FRIDAY**  
 Pork Hot Dog with Chips or Pasta  
 Veggie Hot Dog with Chips or Pasta V H  
 Jacket Potato with various toppings  
 Cheese or Egg Baguette



WEEK THREE: 13<sup>th</sup> Nov 2023, 4<sup>th</sup> Dec, 15<sup>th</sup> Jan 2024, 5<sup>th</sup> Feb, 4<sup>th</sup> Mar, 25<sup>th</sup> Mar

**MONDAY**  
 BBQ Chicken fillet with Diced Potatoes or Pasta H  
 Cheese & Tomato Pinwheel Diced Potatoes or Pasta V H  
 Jacket Potato with various toppings  
 Cheese or Ham Roll

**TUESDAY**  
 Lamb Shepherds Pie H  
 Veggi Pattie in a Bun with Wedges or Pasta V H  
 Jacket Potato with various toppings  
 Cheese or Tuna Sandwich

**WEDNESDAY**  
 Chicken Pie with Mash or Pasta H  
 Veggi Super Sauce Pasta Bake V H  
 Jacket Potato with various toppings  
 Cheese or Ham Wrap

**THURSDAY**  
 Roast Pork, Yorkshire & Roast Potatoes  
 Quorn Dippers with Roast Potatoes V H  
 Jacket Potato with various toppings  
 Cheese or Chicken Roll H

**FRIDAY**  
 Pepperoni Pizza Chips or Pasta  
 Margherita Pizza V H  
 Jacket Potato with various toppings  
 Cheese or Egg Bag



All meals served throughout the week come with seasonal vegetables, a salad bar and pudding selection or fruit. , , V, VG, rolls available daily