

## 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)**



## 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  
VG - Suitable for Vegans  
V – Vegetarian  
H – Halal  
P - Pescatarian

## MENU UPDATE

Our Spring/Summer menu introduces Tex-Mex dishes, a new pasta station menu and includes some favourites that have been popular on our themed menu days.

As always we continue to look at ways to encourage pupils to eat healthily and have made changes to our salad counters adding a variety of different options daily giving pupils the opportunity to try different salad dishes.

We have maintained our sandwich and Jacket Potato option daily as this has been very popular.

Finally, we have been looking at our dessert options and will be introducing some new recipes after Easter Break.

If you have any questions regarding the new menu please contact your school office or our catering manager Annie Sillars at [asillars@aspireacademies.org.uk](mailto:asillars@aspireacademies.org.uk)

WEEK ONE: 15th April, 6th May, 3rd June, 24th June, 15th July, 2nd Sept, 23rd Sept, 14th Oct



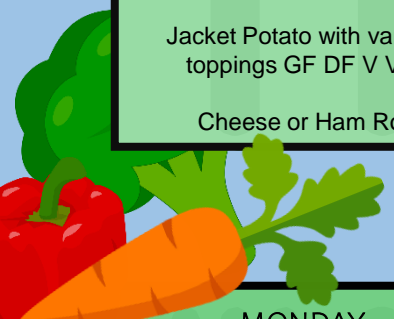
**MONDAY**  
Tex-Mex Open Chicken Burrito with Savoury Rice GF H  
  
Muffin Omelette with Grilled Tomato, Saute Potatoes or Rice GF V H  
  
Jacket Potato with various toppings GF DF V VG  
  
Cheese or Ham Roll

**TUESDAY**  
Pork Sausages with BBQ Sauce, Wedges or Pasta GF  
  
Quorn Dippers with Dipping Sauce, Wedges or Pasta DF V VG  
  
Jacket Potato with various toppings GF DF V VG  
  
Cheese or Chicken Sandwich

**WEDNESDAY**  
Pasta Station Wednesday Creamy Bacon Sauce GF  
Or  
Basil & Tomato GF DF V VG H  
Served with Side Salad & Garlic Bread  
  
Jacket Potato with various toppings GF DF V VG  
  
Cheese or Tuna Wrap

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

**FRIDAY**  
Hot Dog with Chips or Pasta GF DF  
  
Cheesy Pizza Pinwheel with Chips or Pasta DF V VG H  
  
Jacket Potato with various toppings GF DF V VG  
  
Cheese or Egg Baguette



WEEK TWO: 22nd April, 13th April, 10th June, 1st July, 22nd July, 9th Sept, 30th Sept, 21st Oct

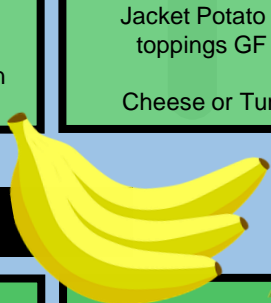
**MONDAY**  
Beef Meatballs in Super Sauce with Pasta or Diced Potatoes DF  
  
Creamy Veg Pie with Diced Potatoes or Pasta V H  
  
Jacket Potato with various toppings GF DF V VG  
  
Cheese or Tuna Baguette

**TUESDAY**  
Salmon Fish Fingers with Wedges or Pasta GF DF H  
  
Macaroni Cheese with Herby Bread V H  
  
Jacket Potato with various toppings GF DF V VG  
  
Cheese or Ham Bloomer Sandwich

**WEDNESDAY**  
Chicken Pie with Mash or Pasta H  
  
Veggie Sausages with Mash or Pasta DF V VG H  
  
Jacket Potato with various toppings GF DF V VG  
  
Cheese or Chinese Chicken Wrap

**THURSDAY**  
Roast Beef, Yorkshire & Roast Potatoes GF DF H  
  
Cheese, Broccoli, Onion & Potato Bake with Yorkshire Pudding V H GF  
  
Jacket Potato with various toppings GF DF V VG  
  
Cheese or Tuna Bloomer

**FRIDAY**  
Cheese Burger with Chips or Pasta  
  
Pizza Wrap with Chips or Pasta GF DF V VG H  
  
Jacket Potato with various toppings GF DF V VG  
  
Cheese or Egg Roll



WEEK THREE: 29th April, 20th May, 17th June, 8th July, 16th Sept, 7th Oct

**MONDAY**  
Cheese & Chorizo Pinwheel with Wedges or Pasta  
  
Veggie Summer Pasta Bake with Garlic Bread GF DF V VG H  
  
Jacket Potato with various toppings GF DF V VG  
  
Cheese or Ham Bag

**TUESDAY**  
Enchilada Lasagne Stack with 5 Bean Rice H  
  
Creamy Vegetable Crown with Diced Potato or Rice V H  
  
Jacket Potato with various toppings GF DF V VG  
  
Cheese or Tuna Sandwich

**WEDNESDAY**  
Chicken Balls served with Sweet & Sour/Curry Sauce GF  
  
Veggie Balls served with Sweet & Sour/Curry Sauce GF V VG H  
  
Jacket Potato with various toppings GF DF V VG  
  
Cheese or Chicken Wrap

**THURSDAY**  
Roast Gammon Yorkshire & Roast Potatoes GF DF  
  
Quorn ' Chicken' Pieces with Yorkshire & Roast Potatoes V VG H  
  
Jacket Potato with various toppings GF DF V VG  
  
Cheese or Ham Bloomer

**FRIDAY**  
Fish Fillet with Chips or Pasta GF DF V H  
  
Margherita Pizza Slice with Chips or Pasta GF DF V VG  
  
Jacket Potato with various toppings GF DF V VG H  
  
Cheese or Egg Roll



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