Secondary Autumn/Winter Menu

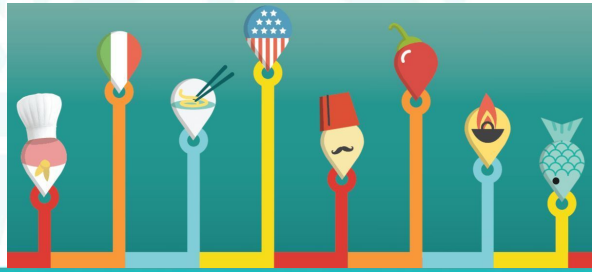
We're excited to introduce our new single core menu for secondary sites. Choose between familiar classics and globally inspired flavours, brought to life through our destination dining pin drops for added variety and excitement. The menu also includes Halal alternatives.

- **Big Bowl Salads –** featuring 4 fresh salads every week. Our Monday and Wednesday bases get a creative upgrade with extra toppings on Tuesdays and Thursdays, keeping the menu exciting while keeping prep work to a minimum.
- **Loaded Spud line –** hearty, loaded jacket potatoes made easy. We use toppings already on the daily menu to pack in extra flavor with zero extra prep.
- **Pots Range –** featuring a versatile selection of penne, spaghetti, noodle and rice pots.
- **Desserts –** a comforting rotation of home-baked favourites alongside traditional, warm desserts.
- **Fully Editable Menu** – menus can be customised as before using the selector by your OM, with the added ability to use new banners. These can easily replace concepts that are not available at your unit or can be used where menu lines have been removed.

These updates are designed to enhance student satisfaction, reduce food waste, and ensure a consistently high-quality food experience across all sites.

STREATERIES





Secondary Autumn/Winter Menu

Nutrition Update

We're excited to share a deep dive into the nutritional performance of our secondary school menu! Using the rigorous **Nutri-Score** system, which rates dishes from A (healthiest) to E (least healthy), we've confirmed that our meals are doing an outstanding job of providing the essential nutrients teenagers need to thrive.

A Foundation for Health & Energy

Our menu is built to provide a solid nutritional foundation for adolescents:

- **Energy:** On average, a main meal (main + dessert) provides **30%** of a child's daily energy requirements, perfectly fuelling them for their lessons.
- **Protein:** Main meals are a powerhouse of protein, providing an average of **49%** of a teenager's daily protein needs in just one sitting.
- **Fibre:** Our menu directly addresses adolescent fibre intake; a single main meal provides **35%** of their daily fibre, while star performers like the *Jerk Charred Aubergine & Smashed Chickpea Focaccia* provide **over half** of a teenager's daily needs.

Uncompromising Quality: Our Top Performers

We are incredibly proud of the overall nutritional quality of our dishes. The majority of our menu items hit the highest marks, with **73% of all main dishes scoring an A or B** on the Nutri-Score system.

- **Top-Tier Standards:** Our "Big Bowl" range achieved the highest number of "Green" scores, representing the gold standard for school nutrition.
- **Nutrient-Rich Ingredients:** Our vegetarian meals scored particularly well due to high fibre and low saturated fat content.
- **Star Rated Dishes:** These meals hit the highest possible nutritional marks for high protein/fibre and low salt/saturated fat:
    - **Grain and Seed Health Big Bowl:** Made up of 85% plants this dish is packed with beneficial nutrients and phytochemicals
    - **Charred Pineapple & Grain Big Bowl:** 93% Plants, a source of protein and fibre whilst also low in saturated fats
    - **Miso Roasted Aubergine & Chickpea Salad:** High in fibre, high in protein and packed with plants (88%)



Sourcing & Sustainability!

The Humble Potato

100% of our fresh potatoes are sourced from **British farms**

Commitment to Quality Meat

All fresh meat is **British** and **Red Tractor farm assured** for quality and welfare.

Supporting Local Suppliers

We partner with **20 local suppliers** across the UK. This supports **thousands of jobs** in local communities.

27 Million Tonnes Less Carbon than the Global Average

That's equivalent to removing 5.76 million cars of the road

Or growing 442 million trees for 10 years to absorb the same amount if CO_2!

That's like planting a tree per child per year!

Lower Carbon Per Child!

Over the course of next year, Aspens will serve 400,000 more Low Carbon Dishes than the last year



Single use plastic reduced by 3,000 tonnes



48 tonnes of waste cooking oil collected, reducing CO_2 emissions by 110 tonnes —enough to power 25 homes for a year



2.9 tonnes of excess packaging removed from our supply chain—that's the weight of a white rhinoceros!