

Aspens



We are always in the mood for good food!

Dear Parent/Carer

We are Aspens and we are the school caterer at NUSA.

We wanted to get in touch to let you know that your child is entitled to a free school meal each day at NUSA.

The allowance is £2.70 per day and your child can buy anything from the menu at Lunch with this allowance, it's added to the till as a credit so it's completely anonymous at the till, they just use their name like any other student would.

We offer a nutritious main meal menu along with yummy old favourites such as pizza, pasta, sandwiches and jacket potatoes.

Please take a look at our delicious menus and meal deals on the next page and be sure to get your child to come and dine with us. Our menus change each term, so feel free to keep up to date by [clicking here](#).

We look forward to feeding your child soon.





Best wishes,






The Aspens team

MEAL DEAL
Main Meal / Pasta
or
Jacket, Salad & Filling
or
Hot Deli / Sandwich
plus
Homebake or Fruit or
Jelly
£2.70

Great Value
Water: 500ml plain water
Homebake: 2 Any
Homebake: non-premium cake

Aspens

	 CARIBBEAN <i>Fusion</i>	 Plant POWER	 <i>Home</i> STYLE	 P A S I A N A S I A N	 <i>Chips & more</i>
STREET	Curried Coconut Chilli Chicken Wholegrain Rice n Peas	Homemade Spicy Falafel Flatbread	Glazed Gammon Roast Yorkshire Pudding, Roast Potato & Gravy	Low Salt & Chilli Chicken Firecracker Rice	Choose from: Battered Fish Sausage (battered or plain) Margherita Pizza Chicken Nuggets Chips & Gravy or Curry Sauce
VEGGIE	Jamaican Black Eyed Peas Stew Wholegrain Rice n Peas	Plant Based Creamy Green Pea & Spinach Pasta	Root Vegetable & Bean Stew Roast Spuds	Japanese Yakisoba (Japanese Stir Fried Noodles)	Choose from: Margherita Pizza Veggie Sausage (battered or plain) Chips, Gravy or Curry Sauce
SIDES	Lime Dressed Slaw	Mixed Salad	Roast Carrots & Parsnip	Sweet Chilli Sticky Greens	Minty Peas or Baked Beans

	 INCREDIBLE INDIA	 AMERICAN <i>Diner</i>	 <i>Home</i> STYLE	 • MEZZE • MIX IT UP!	 <i>Chips & more</i>
STREET	Spicy Chicken Dhansak	Tex Mex Burrito Bar Chipotle Chicken or Spicy Beef	Sticky Red Onion Sausages Roast Spuds & Gravy	Meatballs in Baharat Tomato Sauce	Choose from: Battered Fish Sausage (battered or plain) Margherita Pizza Chicken Nuggets Chips & Gravy or Curry Sauce
VEGGIE	Indian Street Food Vada Pav Bhaji	Crispy Topped Mac n Cheese BBQ Drizzle & Crispy Onion	Veggie Bangers Cheesy Chive Mash	Cumin Chickpea & Vegetable Bake in Baharat Tomato Sauce	Choose from: Margherita Pizza Veggie Sausage (plain or battered) Chips & Gravy or Curry Sauce
SIDES	Wholegrain Rice & Kachumber Salad	Chunky Tomato Salsa Mexican Slaw	Carrots & Peas	Moorish Cous Cous & Green Salad	Minty Peas or Baked Beans