



Dear Parents/Guardians,

Aspens Services provides the catering services to all schools and academies across the Lighthouse Schools Partnership. Aspens is dedicated to creating menus which are nutritional, varied and representative of our pupil population and the menus feature a broad selection of meal options, including vegetarian and vegan choices, school meal favourites as well as meals inspired by different cultures.

Meal Pricing

You may be aware that the price of our school meals is currently £2.80, following a review the meal price will be moving to £2.85 from 20 April 2026. We understand that any increase in expenses can be a concern for families and we want to assure you that this decision followed careful consideration, recognition of the steady rise in food inflation and a thorough review of operating costs.

Free School Meals

You may be eligible for Free School Meals for your child(ren) if you receive any of the following:

- Income Support
- Income-based Jobseekers Allowance
- Income-related Employment and Support Allowance
- Support under Part VI of the Immigration and Asylum Act 1999
- The guaranteed element of State Pension Credit
- Child Tax Credit (provided they were not also entitled to Working Tax Credit and had an annual gross income of no more than £16,190, as assessed by Her Majesty's Revenue and Customs)
- Working Tax Credit run-on - paid for 4 weeks after you stop qualifying for Working Tax Credit
- Universal Credit - if you apply on or after 1st April 2018 your household income must be less than £7,400 a year (after tax and not including any benefits)

Registering for Free School Meals is a Quick and Easy Process

Please note that the eligibility criteria will change in September 2026. This means many more families will qualify for free school meals, as all households receiving [Universal Credit](#), above the current £7,400 income cap will qualify for this support.

You can apply online by visiting: <https://www.gov.uk/apply-free-school-meals>. If you are unable to complete the form online, please visit the school office, and a member of our office team will provide you with the necessary support. Please be assured that your application will be treated with the utmost confidentiality, and it will not affect any other benefits you may be receiving.

Secondary Core Flashcards

Without Translations - Spring/Summer 2026 Menu



STREATERIES



BROWNIE STYLE COOKIES



CREAMY CHICKEN CARBONARA STYLE LASAGNE With HOMEMADE GARLIC BREAD



SUMMER VEGETABLE & BASIL LASAGNE With HOMEMADE GARLIC BREAD



SWEET PINEAPPLE GLAZED GAMMON With SKIN ON ROAST POTATOES



CHEESY BUTTERNUT PUFF PASTRY SLICE With SKIN ON ROAST POTATOES



OLD SCHOOL SPRINKLE SPONGE WITH CUSTARD



CHICKEN CURRY

With Naan Nachos, Mint Yoghurt & Yellow Rice



BUTTER CHICKPEA CURRY

With Naan Nachos, Mint Yoghurt & Yellow Rice



BATTERED FISH

With Chips, Gravy or Irish
Curry Sauce



SAUSAGE

With Chips, Gravy or Irish
Curry Sauce



VEG SAUSAGE

With Chips, Gravy or Irish
Curry Sauce



STREATERIES



Display image only

BATTERED SAUSAGE

With Chips, Gravy or Irish
Curry Sauce



BATTERED VEG SAUSAGE

With Chips, Gravy or Irish
Curry Sauce



HOMEMADE FAVOURITES



STREATERIES



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GREEK PORK KEBAB FLATBREAD & TZATZIKI

With Greek Lemon & Oregano Wedges



GREEK CHEESE PIE

With Greek Lemon & Oregano Wedges



JAM & CREAM SCONES



CHOCOLATE MANDARIN BROWNIE





STREATERIES

Aspens



Mid Morning Break

Potato Wedges	£0.65	Garlic Slice	£1.00
Fruity Popcorn	£0.60	Cheese on Toast	£1.10
Toasted Crumpet	£1.00	Homemade Sausage Roll	£1.85
Buttered Toast	£0.60	Sweet Waffle	£1.40
Pizza Bagel	£1.35	Flavoured Chicken Wings	£1.65
Syrup Pancake	£1.00	Sausage Bap	£1.75
Hash Browns Bites	£1.45	Chicken Burger	£2.45
Swirls	£1.00	Cheese topped Nacho Pot	£1.30
Focaccia	£1.20		
French Bread Pizza	£1.25		

Margherita Slice	£1.95
Topped Slice	£2.15
Hot Wraps	£2.40
Plain Pasta	£1.45
Pasta and Sauce	£2.35
Plain Pasta with Cheese	£2.45
Pasta Sauce and Cheese	£2.95
Plain Jacket	£1.60
Plus Beans or Cheese	£2.10
Plus Tuna	£2.20
Plus Beans & Cheese	£2.40
Panini Selection	from £2.65
Beef Burger	£2.05
Cheese Burger	£2.20
Just Sandwiches	£2.20
Classic Sandwiches	£2.40
Deli Sandwiches	£2.60
Deli Baguettes	£2.95
Deli Wrap	£2.40
Deli Bagels	£3.10
Deli Salads	from £2.50
Whole Fruit	from £0.55
Fruit Bags	£0.85
Pasta Pot	from £1.80
Dessert Pots	from £1.15
Homemade Cookies	£1.20
Homemade Cakes	from £1.20

STREATERIES **Aspens**

MEAL DEAL £2.85

CHOOSE FROM

 Main Meal, Dessert of the Day and a piece of Fruit	 Sandwich, Tray Bake and a piece of Fruit
 Pasta and Sauce, Dessert of the Day and a piece of Fruit	 Pizza, Cookie and a piece of Fruit

Drinking water available

Drinks

Water Tetra 250ml	£1.05
Fruit Ice Drink 8oz	£1.10
Radnor Splash 250ml	£1.05

STREATERIES



Aspens

Mid Morning Break

Potato Wedges	£0.65
Fruity Popcorn	£0.60
Toasted Crumpet	£1.00
Buttered Toast	£0.60
Pizza Bagel	£1.35
Syrup Pancake	£1.00
Hash Browns Bites	£1.45
Swirls	£1.00
Focaccia	£1.20
French Bread Pizza	£1.25

Garlic Slice	£1.00
Cheese on Toast	£1.10
Homemade Sausage Roll	£1.85
Sweet Waffle	£1.40
Flavoured Chicken Wings	£1.65
Sausage Bap	£1.75
Chicken Burger	£2.45
Cheese topped Nacho Pot	£1.30

Deli Kitchen Hot

Margherita Slice	£1.95
Topped Slice	£2.15
Hot Wraps	£2.40
Plain Pasta	£1.45
Pasta and Sauce	£2.35
Plain Pasta with Cheese	£2.45
Pasta Sauce and Cheese	£2.95
Plain Jacket	£1.60
Plus Beans or Cheese	£2.10
Plus Tuna	£2.20
Plus Beans & Cheese	£2.40
Panini Selection	from £2.65
Beef Burger	£2.05
Cheese Burger	£2.20

Deli Kitchen Cold

Just Sandwiches	£2.20
Classic Sandwiches	£2.40
Deli Sandwiches	£2.60
Deli Baguettes	£2.95
Deli Wrap	£2.40
Deli Bagels	£3.10
Deli Salads	from £2.50
Whole Fruit	from £0.55
Fruit Bags	£0.85
Pasta Pot	from £1.80
Dessert Pots	from £1.15
Homemade Cookies	£1.20
Homemade Cakes	from £1.20

Meal Deal

Main Meal	£2.45
Main Meal and Dessert or Meal Deal	£2.85

Drinks

Water Tetra 250ml	£1.05
Fruit Ice Drink 8oz	£1.10
Radnor Splash 250ml	£1.05

STREATERIES

WEEK 1

Spring/Summer 2026

MAINS

MAINS

**GREEK PORK KEBAB
FLATBREAD & TZATZIKI**

With

GREEK LEMON & OREGANO WEDGES



**CREAMY CHICKEN
CARBONARA STYLE
LASAGNE**

With

HOMEMADE GARLIC BREAD

**SWEET PINEAPPLE
GLAZED GAMMON**

With

SKIN ON ROAST POTATOES

CHICKEN CURRY
with Naan Nachos &
Mint Yoghurt

With

YELLOW RICE

**BATTERED FISH
SAUSAGE/VEG SAUSAGE
PIZZA SLICE
CHICKEN NUGGETS**

With

CHIPS, GRAVY or IRISH CURRY SAUCE

VEGETARIAN

**GREEK THREE
CHEESE PIE**

With

GREEK LEMON & OREGANO WEDGES

**SUMMER VEGETABLE
& BASIL LASAGNE**

With

HOMEMADE GARLIC BREAD

**CHEESY BUTTERNUT
PUFF PASTRY SLICE**

With

SKIN ON ROAST POTATOES

BUTTER CHICKPEA CURRY
with Naan Nachos & Mint
Yoghurt

With

YELLOW RICE

PIZZA SLICE

VEGGIE SAUSAGE

With

CHIPS, GRAVY or IRISH CURRY SAUCE

VEGETABLES/SALAD

MONDAY
PEPPER LIME
SLAW

TUESDAY
HOUSE MIXED
SALAD

WEDNESDAY
ROASTED SUMMER
VEGETABLES

THURSDAY
KACHUMBER
SALAD

FRIDAY
GARDEN PEAS OR
BAKED BEANS

DESSERTS



MONDAY
BROWNIE STYLE
COOKIES

TUESDAY
JAM & CREAM
SCONES

WEDNESDAY
OLD SCHOOL
SPRINKLE SPONGE
WITH CUSTARD

THURSDAY
CHOCOLATE &
MANDARIN BROWNIE

FRIDAY
HOMEBAKE
FAVOURITES

Fresh Cut Fruit & Yogurt Pots *available daily*

NOT JUST POTATOES...

LOADED SPUDS!

SO GOOD
THEY'RE
HERE TO
STAY



MONDAY
PORK KEBAB
& TZATZIKI

TUESDAY
CHICKEN
CARBONARA

WEDNESDAY
BOLOGNESE

THURSDAY
CHICKEN CURRY

FRIDAY
ALL
THE CLASSICS

AVAILABLE EVERYDAY
BEANS • CHEESE • TUNA

REGULAR
CHEF'S
SPECIALS

HANDCRAFTED
DELI
SANDWICHES,
BAGUETTES,
WRAPS,
SALADS &
MORE!

HOT DELI KITCHEN

MONDAY
SELECTION OF
PIZZA SLICES

TUESDAY
ULTIMATE FISH
FINGER WRAP

WEDNESDAY
CRISPY CHICKEN
WRAP

THURSDAY
MEXICAN CHICKEN
QUESADILLA

FRIDAY
LOADED CHIPS
PEPPERONI
MARINARA

PASTA, RICE & NOODLE POTS

AVAILABLE EVERYDAY
TOMATO SAUCE & CHEESE

MONDAY
BEST EVER
BOLOGNESE
PASTA

TUESDAY
BEST EVER
BOLOGNESE
PASTA

WEDNESDAY
BEST EVER
BOLOGNESE
PASTA

THURSDAY
BEST EVER
BOLOGNESE
PASTA

FRIDAY
BEST EVER
BOLOGNESE
PASTA

BIG BOWL SALADS

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

AVAILABLE EVERYDAY PLEASE PRE-ORDER AND PAY AT MID MORNING BREAK

MIXED SUMMER SALAD, TOMATO PASTA, CRUNCHY SLAW WITH A CHOICE OF EITHER HAM,
CHEESE OR CHICKEN SERVED WITH CRUSTY BREAD

DAILY
MEAL DEALS

Freshly Made from Scratch
DAILY!

