

WELCOME

To your Restaurant



Sir Graham Balfour School



SERVICE TIMES

Breakfast 8.15am till 8.45am

Mid Morning Break 11.10am till 11.30am

Lunchtime 1.30pm till 2.10pm

BREAK
FAST
LUNCH
DINNER

Aspens


Aspens




Tell us what you
think of our food
and service.

*Speak to a member of the
Aspens team.*



DELI KITCHEN

Aspens
SCHOOL

Mid Morning Break

Double Potato Wedges	£0.50
Buttered Toast	£0.50
Cheesy Garlic Slice	£0.60
French Bread Pizza	£1.60
Pizza Bagel	£1.10
Hash Brown	£0.65

Popcorn	£0.50
Chicken Nuggets	£1.50
Sausage Roll	£1.65
Cheese Oatcake	£1.10
Cheesy Nachos	£1.50

Deli Kitchen Hot

Margherita Slice	£1.30
Topped Meat Pizza Slice	£1.50
Hot Wraps	£2.20
Plain Pasta	£1.50
Pasta & Sauce	£2.20
Pasta & Cheese	£2.20
Pasta, Sauce & Cheese	£2.60
Plain Jacket	£1.50
Plus one filling	£1.80
Plus two fillings	£2.20
Chips	£1.30
Additional fillings	From £0.65
Panini Selection	From £2.50
Chicken Burger	£2.20
Theos Chicken Thigh Burger	£2.50
Sauce Portion	£0.15

Drinks

Water 500ml	£0.90
Aqua Splash Fizz 330 ml	£1.00
Radnor Fruit Tetra	£0.85
Aqua Aroma 500ml	£1.00

Deli Kitchen Cold

Just Sandwiches	From £2.00
Classic Sandwich	From £2.10
Deli Sandwiches	From £2.30
Baguettes	From £2.60
Wrap	£2.20
Pasta Salad Pot	From £1.80
Fruit Pots 7oz	£1.00
Jelly Pots 7oz	£1.00
Dessert Pots 7oz	£1.20
Cookie	£1.05
Cakes/Traybakes	£1.05

Meal Deal

Streateries Meal & Cookie	£2.53
Jacket Potato & Topping & Cookie	£2.53
Hot Pasta & Topping & Cookie	£2.53

Streateries

Main Meal and sides	£2.30
Sides	£0.65
Hot pudding & Custard	£1.20



Sir Graham Balfour
School

Aspens



TARIFF

From Dec 1st 2023

DELI KITCHEN

Aspens
Ski Area

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Syrup Porridge 50p	Syrup Porridge 50p	Syrup Porridge 50p	Syrup Porridge 50p	Syrup Porridge 50p
Buttered Toast 50p	Buttered Toast 50p	Buttered Toast 50p	Buttered Toast 50p	Buttered Toast 50p
Cheesy Garlic Bread 60p	Cheesy Garlic Bread 60p	Cheesy Garlic Bread 60p	Cheesy Garlic Bread 60p	Cheesy Garlic Bread 60p
Cheese Oatcake £1.10	Cheese Oatcake £1.10	Cheese Oatcake £1.10	Cheese Oatcake £1.10	Cheese Oatcake £1.10
Sausage Roll £1.65	French Bread Pizza £1.60	Sausage Roll £1.65	French Bread Pizza £1.60	Sausage Roll £1.65
Cheesy Nachos £1.50	Pain au Chocolat £1.30	Syrup Pancake £0.90	Pain au Chocolat £1.30	Cheesy Nachos £1.50
Pizza Bagel £1.10	Chicken Nuggets £1.50	Pizza Bagel £1.10	2 x Hash Browns £1.30	Pizza Bagel £1.10

MID MORNING BREAK

STREATERIES

Carbon footprint calculations

All ingredients used to cook the dishes on this menu are assigned a **carbon footprint** based on their emissions to the atmosphere

The carbon footprint is based on the **type of ingredient, production method** and **country of origin**

We build recipes to calculate the **total carbon footprint** of a meal

Our climate label shows how climate friendly each dish is, so you can be a climate hero every lunch break



STREATERIES

How much CO₂e do you put on *your* plate?



Low

0.1-0.5 kg CO₂e

Choose meals with a low climate impact to eat within the planetary boundaries



Medium

0.6-1.5 kg CO₂e

Meals with a medium climate impact have a carbon footprint below the average



High

1.6+ kg CO₂e

Meals labelled as 'high' have a higher climate impact than the average meal

STREATERIES

INCREDIBLE
INDIA

AMERICAN
Diner

John Dory

Home
STYLE

• **MEZZE** •
MIX IT UP!

P A S I A N

Plant
POWER

CARIBBEAN
fusion



STREATERIES

WEEK 1



AMERICAN
Diner



• **MEZZE** •
MIX IT UP!



Home
STYLE



• **MEZZE** •
MIX IT UP!



John Dory

STREET

Smoky BBQ
Pulled Pork Burger

Chicken Shawarma

Glazed Gammon
Carvery
with Gravy

Beef Lasagne

Hand
Battered Fish

VEGGIE

Loaded
Mac & Cheese

Falafel Pitta

Veggie Sausage &
Summer Vegetable
Tray Bake

Vegetable
Lasagne

Cheese & Tomato
Pizza

SIDES

Garlic & Herb
Wedges
Smoky BBQ Beans

CousCous
Tomato & Cucumber
Salad

Roasties
Fresh Veggies

House Salad

Chips
Peas

STREATERIES

WEEK 2



Home
STYLE



• **MEZZE** •
MIX IT UP!



Home
STYLE



PAN
ASIAN



John
Dory

STREET

Sausage & Mash

Beef Stew

Roast Pork
& Stuffing
Baguette

Breaded Chicken
Katsu

Hand
Battered Fish

VEGGIE

Veggie Sausage &
Mash

Veg Chilli Nachos
With Homemade
Salsa

Root
Veg Stew

Veggie Korma
Curry

Cheese & Tomato
Pizza

SIDES

Green Beans
Gravy

New Potatoes
Broccoli

Roasties
Fresh
Vegetables

Wholegrain Rice
Green Beans

Chips
Peas

STREATERIES

WEEK 3



STREET	Beef Curry	American Mustard & Crispy Onion Hot Dog	Roast Chicken & Stuffing Bap	Cottage Pie	Hand Battered Fish
VEGGIE	Veggie Curry	Veggie Hot Dog Crispy Onions	Cheese & Onion Slice	Shepherdess Pie	Cheese & Tomato Pizza
SIDES	Whole Grain Rice Cabbage	Cajun Wedges BBQ Beans	Roasties Fresh Vegetables	Peas & Carrots	Chips Peas

DELI KITCHEN

Aspens
COTTAGE



HOT & COLD
Sandwiches

& Snacks



VEGGIE
& *Vegan*
OPTIONS



DELI KITCHEN

Aspens
Cafe

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Hot Pasta	Hot Pasta	Hot Pasta	Hot Pasta	Hot Pasta
Cheesy Garlic Slice	Cheesy Garlic Slice	Cheesy Garlic Slice	Cheesy Garlic Slice	Cheesy Garlic Slice
Topped Pizza	Topped Pizza	Topped Pizza	Topped Pizza	Topped Pizza
Margherita Pizza	Margherita Pizza	Margherita Pizza	Margherita Pizza	Margherita Pizza
Battered Chicken Burger	Theos BBQ Chicken Thigh Burger	Theos Hot Chicken Wrap	Battered Chicken Burger	Theos Piri Piri Chicken Thigh Burger
Panini's	Panini's	Panini's	Panini's	Panini's
Jacket Potato & Toppings	Jacket Potato & Toppings	Jacket Potato & Toppings	Jacket Potato & Toppings	Jacket Potato & Toppings

The background of the right side of the image is a teal color with a pattern of stylized lemons. Each lemon is split vertically, with the left half being a darker yellow and the right half being a lighter yellow. The lemons are arranged in a grid-like pattern, with some slightly offset from the others.

DELI KITCHEN

Did you know that...

You can eat **10 vegan burgers**
for the same climate cost as
1 average beef burger



=



4.0
kg CO₂e



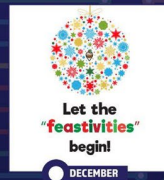
0.4
kg CO₂e

x 10

DON'T MISS OUR FLAVOUR OF THE MONTH

DON'T MISS OUR FLAVOUR OF THE MONTH

2023/2024



Aspens

Let the
"feastivities"
begin!

"Tis the season to be jolly"

Check out our jolly festive counters now!

Aspens

DECEMBER

PRN
ASIAN
GOES TO
KOREA

THIS FOOD WILL
MAKE YOUR HEART GO
BI-BIM-BAP!

K-FOOD IS
HOT
RIGHT NOW

Join us for some
sensational
**"SEOUL"
FOOD!**

Aspens

JANUARY

John Dory
GETS
Loaded!

Loaded Chips are here
with tastes from far and near...

Come and
Choose your
Favourite
Combo!

WE'VE GOT THEM
COVERED...
IN LOTS OF
GOOD STUFF!

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FEBRUARY

Some of our menu items contain allergens including; gluten, milk, eggs, fish, shellfish, soya, celery, mustard, sulphites, sesame and lupin



If you have a food allergy or special dietary requirement, please speak to a member of the catering team.

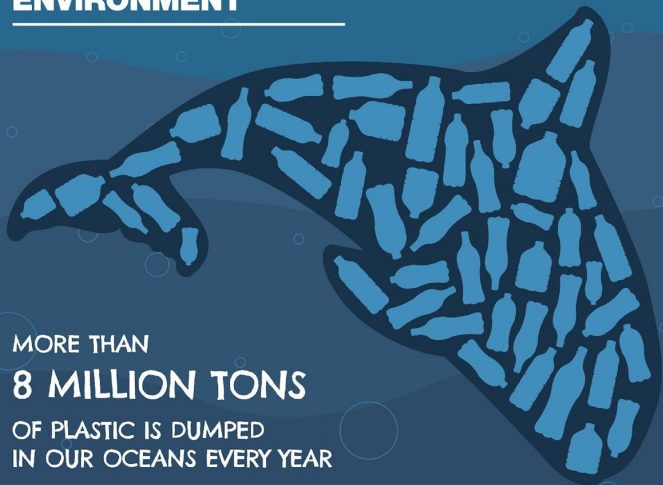
Aspens

80% OF OUR DRINKS
SOLD IN BOTTLES ARE
NOW MADE WITH
RECYCLED PLASTIC (RPET)



**WORKING TOGETHER
TO PROTECT OUR
ENVIRONMENT**

MORE THAN
8 MILLION TONS
OF PLASTIC IS DUMPED
IN OUR OCEANS EVERY YEAR



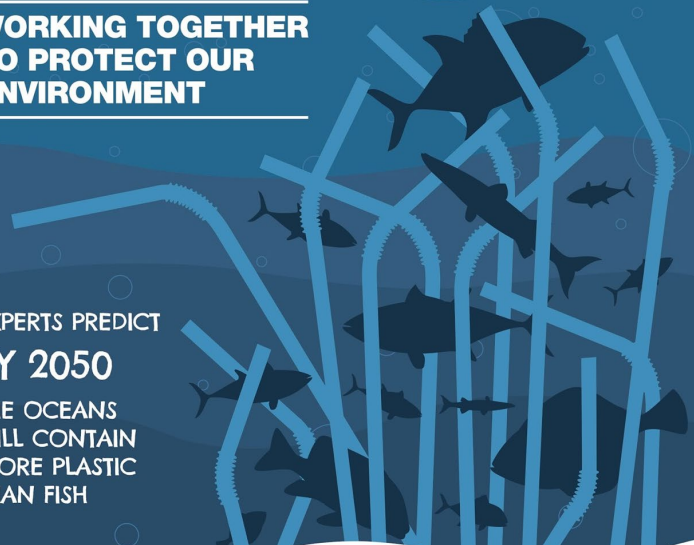
PLASTIC STRAWS SUCK!

OUR PAPER STRAWS
ARE BIODEGRADABLE
AND MADE FROM
RENEWABLE RESOURCES



**WORKING TOGETHER
TO PROTECT OUR
ENVIRONMENT**

EXPERTS PREDICT
BY 2050
THE OCEANS
WILL CONTAIN
MORE PLASTIC
THAN FISH



GOOD
FOR THE
PLANET



BE A GOOD SORT!

POP YOUR WASTE
IN THE RIGHT
PLACE!

GOOD
FOR THE
PLANET



YES PLEASE, RECYCLE THESE!

CHECK YOUR LABELS
FOR RECYCLING SYMBOLS
AND POP THEM IN
THE RIGHT BIN.

GOOD
FOR THE
PLANET



KEEN TO BE GREEN?

We are trying to reduce how
much disposable cutlery
we use.

If you really need to use some, please
ask a member of the
Catering Team.

GOOD
FOR THE
PLANET



WATCH YOUR WASTE!

MAKE LANDFILL
OR GENERAL WASTE
YOUR LAST CHOICE.

GOOD
FOR THE
PLANET



JOIN THE EMPTY PLATE CLUB!

NOTHING TO SCRAPE
IF YOU EAT ALL
YOUR FOOD.

SEE YOU
SOON

Aspens
