

WELCOME



Catering at Beccles
High School



ASPENS



Tell us what you
think of our food
and service.

*Speak to a member of the
Aspens team.*



SAMPLE MENU



Aspens
Refuelling you between breakfast...

MID MORNING BREAK
CONNECT

CHECK OUT OUR NEW
MID MORNING BREAK RANGE!



...and your lunchtime destination!

MID MORNING BREAK
CONNECT

Refuelling you between breakfast...

Monday	Tuesday	Wednesday	Thursday	Friday
French Pizza Bread £0.80	Cheesy Wedges 50p	Lemon Cinnamon Bun 80p	Garlic & Herb Wedges 40p	Cheesy Garlic Slice £1.20
Hash Brown Bites £1.25	Pizza Bagel £1.25	Brunch Bean Pot £2.10	French Pizza Bread £1.60	Hash Brown Bites £1.25
Tikka Cheese Nan £1.50	Crispy Chicken Burger £2.30	Loaded Wedges -BBQ, Crispy Onions & Cheese £1.50	Sausage Bap £1.50	Penne Arrabiata Pasta £1.50
Homemade Sausage Roll £1.50	Homemade Waffle £1.20	2oz Beef Burger £1.80	Homemade Waffle £1.20	Homemade Sausage Roll £1.50

Available daily: Fruit Pots, Yoghurt Pots & Breakfast Homebake



...and your lunchtime destination!



MID MORNING BREAK

STREATERIES

Aspens
2011

INCREDIBLE
INDIA

John Dory

Home
STYLE

PHILASIAN

CARIBBEAN
fusion

AMERICAN
Diner

MEZZE
MIX IT UP!

Plant
POWER



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 LUNCH MENU



WEEK 1
6/1, 27/1, 17/2, 10/3, 31/3

MAINS



MON

MEATBALL MARINARA PASTA BAKE
topped with Cheesy Garlic Crumbs

ASPENS LOADED MAC & CHEESE
with Spring Onion, Pepper & Garlic



TUE

CLASSIC AMERICAN CHEESEBURGER

CAJUN SPICED BAKED VEGGIE BURGER



WED

ROAST PORK STUFFING & APPLE SAUCE
with Gravy
(Gravy or sides may differ or be added to a separate charge)

ROASTED ROOTS FILO STRUDEL



THU

GARLIC CHILLI CHICKEN CURRY

SWEET & SOUR CHICKPEA VEGETABLE PATHIA CURRY



FRI

Choose from:
BATTERED FISH SAUSAGE or VEG SAUSAGE
(Battered or plain)

Margherita Pizza
Chicken Nuggets
Chips

SIDES

CRUNCHY RAINBOW SALAD

RANCH SLAW GARLIC HERB WEDGES

SKIN ON ROASTIES CARROTS & BROCCOLI

CARDAMOM RICE & GREEN BEANS

MINTY PEAS, BAKED BEANS, GRAVY OR CURRY SAUCE

- PASTA & NOODLE POTS -

ITALIAN TOMATO PASTA

BOLOGNESE PASTA

CARBONARA PASTA

BOLOGNESE PASTA

CHINESE CHICKEN CHOW MEIN NOODLES

ITALIAN TOMATO PASTA - DAILY

BEANS - CHEESE

- JACKET POTATOES -

TUNA MAYO - SIMPLY PLAIN

BIG BOWL SALAD

DAILY BOXED SALADS

DAILY BOXED SALADS

DAILY BOXED SALADS

DAILY BOXED SALADS

DAILY BOXED SALADS

DESSERTS

ASPENS HOMEMADE COOKIES

SELECTION OF HOMEBAKES

SELECTION OF HOMEBAKES

SELECTION OF HOMEBAKES

SELECTION OF HOMEBAKES

Daily Meal Deals
Regular
Chef's Specials

Freshly Made from Scratch
DAILY!

Fresh Cut Fruit & Yogurt Pots
Available Daily

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

DELI KITCHEN
HOT GRAB & GO

STREATERIES LUNCH MENU



WEEK 2
13/1, 3/2, 24/2, 17/3

MAINS



MON

CLASSIC COTTAGE PIE

VEGGIE COTTAGE PIE

BUTTERED CABBAGE & BROCCOLI



TUE

PULLED CHICKEN TIKKA PIE

CHANA MASALA STUFFED PIE

CRISPY BOMBAY POTATOES, CUMIN ROAST CARROTS & PARSNIPS



WED

BRITISH PORK SAUSAGE TOAD IN THE HOLE
with Onion Gravy

QUORN SAUSAGE TOAD IN THE HOLE
with Onion Gravy

SKIN ON GARLIC ROASTIES GREEN BEANS



THU

SMOKED CHILLI BEEF OVER RICE
with Smashed Nachos, Spring Onion & Sour Cream

VEGGIE BEAN CHILLI LOADED NACHOS
with Spring Onion & Sour Cream



FRI

Choose from:
BATTERED FISH SAUSAGE or VEG SAUSAGE
(Battered or plain)

Margherita Pizza
Chicken Nuggets
Chips

MINTY PEAS, BAKED BEANS, GRAVY OR CURRY SAUCE

SIDES

ITALIAN TOMATO PASTA

BOLOGNESE PASTA

CARBONARA PASTA

BOLOGNESE PASTA

CHINESE CHICKEN CHOW MEIN NOODLES

ITALIAN TOMATO PASTA - DAILY

BEANS - CHEESE

- JACKET POTATOES -

TUNA MAYO - SIMPLY PLAIN

BIG BOWL SALAD

DAILY BOXED SALADS

DAILY BOXED SALADS

DAILY BOXED SALADS

DAILY BOXED SALADS

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DESSERTS

ASPENS HOMEMADE COOKIES

SELECTION OF HOMEBAKES

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DELI KITCHEN
HOT GRAB & GO

STREATERIES LUNCH MENU



WEEK 3
20/1, 10/2, 3/3, 24/3

MAINS



MON

TUSCAN SAUSAGE LASAGNE

PROVENÇAL VEGETABLE LASAGNE



TUE

KUNG PAO PULLED PORK

BANG BANG CAULIFLOWER



WED

LEMON & HERB ROASTED CHICKEN, STUFFING & GRAVY

SMOKY SWEET POTATO & RED PEPPER PIE



THU

ITALIAN SPAGHETTI & MEATBALLS

VEGGIE SPAGHETTI BOLOGNESE



FRI

Choose from:
BATTERED FISH SAUSAGE or VEG SAUSAGE
(Battered or plain)

Margherita Pizza
Chicken Nuggets
Chips

SIDES

GARLIC WEDGES
HOUSE CHOP SALAD

5 SPICE RICE & STR FRIED GREENS

ROAST POTATOES OR CHIVE MASH MIXED GREENS

GARLIC GREEN BEANS

MINTY PEAS, BAKED BEANS, GRAVY OR CURRY SAUCE

- PASTA & NOODLE POTS -

ITALIAN TOMATO PASTA

BOLOGNESE PASTA

CARBONARA PASTA

BOLOGNESE PASTA

CHINESE CHICKEN CHOW MEIN NOODLES

ITALIAN TOMATO PASTA - DAILY

BEANS - CHEESE

- JACKET POTATOES -

TUNA MAYO - SIMPLY PLAIN

BIG BOWL SALAD

DAILY BOXED SALADS

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DESSERTS

ASPENS HOMEMADE COOKIES

SELECTION OF HOMEBAKES

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Regular
Chef's Specials

Freshly Made from Scratch
DAILY!

Fresh Cut Fruit & Yogurt Pots

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

DELI KITCHEN
HOT GRAB & GO

If every family in the UK removed the meat from just **one meal** a week, it would have the same climate impact as taking **16 million cars** of the road



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

By switching to a
plant-based diet
we could cut our CO₂e
impact in half, from 2
tonnes to 1 tonne per
year and person



Let's put **1kg of CO₂e**
in perspective...

It's equivalent to
driving 8km
with a diesel car or
watching 70 seasons
of your favourite TV show

(if your TV runs on renewable energy)





Which would you rather?

You can eat **one *four cheese* pizza**
(lots of cheese = lots of dairy = heavy on the climate)

OR

order **3 *margherita* pizzas**
and watch **4 hours of Netflix**
...for the same climate cost

Would you rather...

Eat one beef burger

OR

Eat one vegan burger

and watch TikTok for

22 hours and 48 minutes

...for the same climate cost

4.0
kg CO₂e



If we are to follow the climate goals of the Paris Agreement, **one beef burger** is more than **1/3 of one person's weekly carbon food budget**



Did you know...

The weekly carbon food budget is the **total climate impact (emissions) of everything we eat during a week**. If we are to reach the climate goals in the Paris Agreement, it shouldn't be higher than 11 kg CO₂e.





STREATERIES

Aspens
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DELI KITCHEN

ALL YOUR FAVOURITE
HOT & COLD CHOICES



DELIKITCHEN

Aspens
☎☎☎☎☎



STREATERIES

ASPENS
RESTAURANT

Mid Morning Break

Spiced Wedges	£0.40	Tikka Cheese Naan	£1.50
Cheesy Wedges	£0.50	Crispy Chicken Burger	£2.30
Cinnamon Bun/ Lemon Bun	£0.80	Sausage Bap	£1.50
Cheesy Garlic Bread	£0.85	Homemade Sausage Roll	£1.50
Hash Brown Bites	£1.25	Homemade Waffles	£1.20
Pizza Bagel	£1.25		
Brunch Bean Pot	£2.10		

Deli Kitchen Hot

Margherita Slice	£1.30
Topped Slice	£1.50
Hot Wraps	£2.30
Plain Pasta	£1.20
Pasta and Sauce	£2.10
With Cheese	£2.50
Plain Jacket	£1.50
Plus one filling	£2.00
Plus two fillings	£2.50
Additional fillings	From £0.50
Panini Selection	From £2.50
Voulez Poulet Special	From £1.50
Hacienda Mexicana Special	From £1.95

Drinks

Juice Cuplet	£0.60
Radnor Splash Tetra	£0.80
Water 500ml	£0.90
Radnor Bottle 330ml	£1.05
Aqua Roma 500ml	£1.10

Streateries

Main Meal plus sides and vegetables or salad £2.30

Hot pudding £1.00

Deli Kitchen Cold

Just Sandwiches	£2.00
Classic Sandwiches	£2.10
Deli Sandwiches	£2.30
Deli Baguettes	£2.50
Deli Wrap	£2.20
Deli Bagels	£2.75
Deli Salads 12oz	£1.70
Deli Pasta Pot 9oz	£1.50
Cookies	£1.00
Traybakes	£1.05
Fruit Pots from	£0.85
Dessert Pots from	£1.00

Meal Deal

**Streateries Meal, Selected Hot Deli
or Selected Cold Deli plus Meal
Deal Dessert**

£2.53

TARIFF

Beccles High Tariff

THE
LARGEST
 ISLAND IN THE
CARIBBEAN

CARIBBEAN *fusion*
 Coming From
CUBA
 BIENVENIDO A CUBA

WITH FLAVOURS FROM
 PORTUGAL SPAIN
 CHINA FRANCE
 SOUTH AFRICA

ARE YOU READY FOR
CUBAN FUSION
 CHECK OUT OUR
 COUNTERS NOW.

Aspens

P A N
 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



John Dory GETS Loaded!

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



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



Aspens



STAY AT HOME FOR OUR... **GREAT BRITISH PIES** Home STYLE



YOU WANNA PIECE OF PIE? CHECK OUT OUR COUNTERS NOW!




Aspens



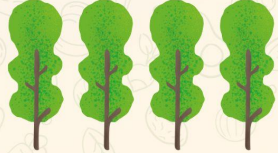
NO WASTE
RECIPES THAT ARE
GOOD
FOR YOU &
GOOD
FOR THE
PLANET

LETTUCE
TELL YOU,



NOTHING WASTED
IN PREPARING
THESE FAB DISHES

COME AND ENJOY OUR
ROOT TO
STEM MEALS



HACIENDA
MEXICANA

EXPLORING NAKED
BURRITO BOWLS



NAKED
BURRITO
GOODNESS

ENJOY
A
BOWL
TODAY!



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.



**GOOD
FOR YOU &
GOOD
FOR THE
PLANET**



GOOD FOR YOU & GOOD FOR THE PLANET

Aspens

BRING YOUR OWN BOTTLE!

Do your bit for the environment and bring your bottle to refill and help reduce plastic waste.

GOOD FOR YOU & GOOD FOR THE PLANET

Aspens

GENERAL WASTE

DO I REALLY NEED TO USE THIS BIN?

The UK generates around 222.9 million tonnes of total waste a year.

Around 92.9 million tonnes of this waste may end up in landfill.

Around 7.4 million tonnes of biodegradable waste is disposed in landfill when it could be composted.

EVERYTHING PUT INTO THIS BIN MAY BE SENT TO LANDFILL.

**THINK CAREFULLY!
YOU CAN MAKE A DIFFERENCE!**

GOOD FOR YOU & GOOD FOR THE PLANET

Aspens

HELPING THE PLANET ONE BITE AT A TIME

MAKE A GREEN SWAP TODAY

1 AVERAGE BEEF BURGER has the same climate impact as...

10 VEGAN BURGERS

4.0 kg CO₂e

0.4 kg CO₂e x 10

Emission data for the UK is provided by the Kineto





Make sure that you visit our **Good for You and Good for the Planet Board** where we have different messages displayed each month:

- Good for You - inspirational messages about food and drink and their link to your wellness
- Good for the Planet - ways in which we can all work together, making small differences that can make a big difference



SEE YOU
SOON

