



King Edward VI Aston School



Our Commitment

We are all aware that, for a child to take full advantage of their learning opportunities, they need to have a well-balanced & healthy diet.

- ✓ Daily servings of fresh fruit & vegetables
- ✓ Predominantly home-cooked dishes, using Fresh and seasonal ingredients
- ✓ Desserts to always include a fresh fruit or yoghurt alternative
- ✓ Sugar content reduced by the use of natural sweeteners in food
- ✓ Low fat spreads & semi-skimmed milk available as an alternative to full fat variety
- ✓ Only minimal amounts of salt for seasoning added to food during the cooking process

Cooking practices are aimed at minimising fat content - including trimming fat, using lean cuts of meat, grilling & oven baking, as well as the minimal loss of nutrients like vitamin C in vegetables.

Menus

Our menus run on a four week cycle and are bespoke to Aston. They are nutritionally analysed. We also do a daily special, a snack item, Pasta dish and Jacket Potatoes.

We also offer a wide selection of sandwiches, baguettes and wraps with various fillings from

our New York Deli Range. These are made to order.

Our Services

We offer a Breakfast service. A Break Service and a lunch time service. We offer a substantial range of foods offering the students a well balanced diet.

Service times

8am – 8.30am
10.45 am -11.05 am
12.45 pm – 1.40 pm

Special Days

We will be running a calendar of special days throughout the year. These will include Chinese Day. Georges Day and Independence Day.



ParentPay is the web payment service that lets parents pay online by credit & debit card or in cash at PayPoint stores to schools & school suppliers for their Childs school meals. You can find out more at: www.parentpay.com

Please ensure that all payments via ParentPay are a minimum of £20.00 per transaction. If you are paying by cheque, please make this payable to **Alliance in Partnership** & to a minimum value of £20.00

For any further information please contact [Rebecca Turley](#)- Catering Manager at the school on 01213285458
or

Mary Rogers, Senior Operations Manager on 07792 295794.