

# WELCOME



To Catering at Hanham  
Woods Academy

# SERVICE TIMES

Breakfast

0800 - 0830

Mid Morning Break

1040 - 1100

Lunchtime

1240 - 1310

BREAK  
FAST  
LUNCH  
DINNER

Aspens  
🏔️🏔️🏔️🏔️🏔️

Aspens  
🏔️🏔️🏔️🏔️🏔️



Tell us what you  
think of our food  
and service.

*Speak to a member of the  
Aspens team.*



## STREATERIES

Aspens  
Cafe & Bakery

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Double Cajun Wedges	Fruity Popcorn	Double Potato Wedge	Buttered Toast	Double Wedge Garlic & Herb
Syrup Pancake	Toasted Tea Cake	Cheese on Toast	Syrup Pancakes	Cheese on Toast
Sausage Roll	Sweet Waffle & Fruity Topper	Grilled Bacon Bap	Cajun Wedges	Sweet Waffle & Fruit Topper
Tex Mex Chicken Burger	Chicken Ball & Rice Pot	Asian Style Chicken Burger	Chicken Thigh & Rice Pot	South American Chicken Burger

Mid Morning Break

# MID MORNING BREAK

# STREATERIES

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LET YOUR TASTEBUDS DO THE  
*travelling!*



# STREATERIES

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© 2010

INCREDIBLE  
INDIA

John Dory

Home  
STYLE

CARIBBEAN  
fusion

PAKISTANIAN

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 CO<sub>2</sub>e do you put on *your* plate?



**Low**

0.1-0.5 kg CO<sub>2</sub>e

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



**Medium**

0.6-1.5 kg CO<sub>2</sub>e

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



**High**

1.6+ kg CO<sub>2</sub>e

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



# STREATERIES



WEEK 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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	<b>Jamaican Black Eyed Peas Stew</b> Wholegrain Rice n Peas	<b>Plant Based Creamy Green Pea &amp; Spinach Pasta</b>	<b>Root Vegetable &amp; Bean Stew</b> Roast Spuds	<b>Japanese Yakisoba</b> (Japanese Stir Fried Noodles)	<b>Choose from:</b> 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
Extras additional to Meal Deal	Flatbread Wedge	Hummus Pot	Cauliflower Cheese	Prawn Crackers	Onion Rings

4/9, 25/9, 16/10, 6/11, 27/11, 18/12, 8/1, 29/01

# STREATERIES



## WEEK 2

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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	<b>Indian Street Food</b> Vada Pav Bhaji	<b>Crispy Topped Mac n Cheese</b> BBQ Drizzle & Crispy Onion	<b>Veggie Bangers</b> Cheesy Chive Mash	<b>Cumin Chickpea &amp; Vegetable Bake</b> in Baharat Tomato Sauce	<b>Choose from:</b> 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
Extras additional to Meal Deal	Naan Bread	Tortilla Chips	Cauliflower Cheese	Garlic Flatbread	Frickles

11/9, 2/10, 23/10, 13/11, 4/12, 25/12, 15/1, 5/2

# STREATERIES



AMERICAN  
*Diner*



PA  
ASIAN



*Home*  
STYLE



INCREDIBLE  
INDIA



*Chips &  
more*

Aspens  
★★★★★

WEEK 3

STREET VEGGIE SIDES Extras additional to Meal Deal	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	NY Deli Open Chicken Bagel American Mustard Slaw	Laab Moo (Spicy Thai Pork) Lime Wholegrain Rice	Creamy Chicken & Leek Pie Roasties & Gravy	Chicken Ruby Murray Yellow Rice	Choose from: Battered Fish Sausage (battered or plain) Margherita Pizza Chicken Nuggets Chips & Gravy or Curry Sauce
	<b>Tex Mex Chipotle Sweet Potato &amp; Lime Taco</b>	<b>Veggie Thai Style Noodles</b>	<b>Lentil &amp; Onion Pie Roasties &amp; Gravy</b>	<b>Chana Masala Yellow Rice</b>	<b>Choose from:</b> Margherita Pizza Veggie Sausage (plain or battered) Chips & Gravy or Curry Sauce
	Hand Cut Wedges & Mustard Slaw	Wok Fried Oriental Veggies	Seasonal Mixed Vegetables	Kachumber Salad	Minty Peas or Baked Beans
	Cajun Onion Rings	Prawn Crackers	Cauliflower Cheese	Naan Bread	Garlic Mayo Dip Pot

18/9, 9/10, 30/10, 20/11, 11/12, 01/01, 22/01, 12/02



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 CO<sub>2</sub>e



**0.4**  
kg CO<sub>2</sub>e

**x 10**

By switching to a  
plant-based diet  
we could cut our CO<sub>2</sub>e  
impact in half, from 2  
tonnes to 1 tonne per  
year and person





Let's put **1kg of CO<sub>2</sub>e**  
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)*





The background of the slide is decorated with several slices of different pizzas. There are slices with pepperoni, mushrooms, blueberries, and other toppings. The slices are arranged around the central text, with some overlapping the edges of the frame. The background has a light green and yellow wavy pattern.

*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 CO<sub>2</sub>e



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 CO<sub>2</sub>e.





# STREATERIES

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🌿🌿🌿🌿



# DELI KITCHEN

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ALL YOUR FAVOURITE  
HOT & COLD CHOICES

Aspens  


# DELIKITCHEN

Aspens  
Cafe



HOT & COLD  
*Sandwiches*

*& Snacks*



VEGGIE  
& *Vegan*  
OPTIONS



# DELI KITCHEN

Aspens  
WOODS

## Mid Morning Break

Buttered Crumpet	80p	<u>Cheela</u> Pancakes	85p	Sweet waffle	£1.05
Double Wedge	50p	Hashbrown Muffin	50p	Panini	£2.20
Buttered Muffin	40p	Polenta Fries	50p	½ Panini	£1.30
Cheese/Garlic Slice	50p	Cauliflower wings	60p	Ult Cheese on Toast	£1.00
Buttered Bagel	80p	Plant based Saus Roll	£1.50	Chicken Burger	£1.90
Hash Brown	50p	Mac "No Cheese"	£1.10	6" Sausage Roll	£1.60
5 Bean Bites	85p	Cheese on Toast	85p	Popcorn Chicken	£1.50
Garlic Dough Balls	85p	Pizza Bagel/Baguette	£1.00	Chicken Nuggets	£1.15
Falafel Bites	85p	Saus/Bacon Bap	£1.40	Chicken Wings	£1.20

## Hot/Cold Deli

<b>Hot Pasta Pots</b>		Chicken Wrap	£2.20	<b>Cold Pasta Pots</b>	
1 x Topping	£2.00	Chicken Bagel	£2.50	1 x Topping	£1.40
2 x Topping	£2.30	Panini 2 x Fillings	£2.30	2 x Topping	£1.70
Pizza Slice	£1.20	Vegan Options	£2.40	Tuna Pasta Pot	£1.50
Topped Pizza slice	£1.40	Beef Burger	£2.50		

## Sandwiches/Wraps/Baguettes

Just Range	£1.90	Classic range	£2.20	Deli Range	£2.45
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## Streateries

Main Meal	£1.99	½ Home bake	50p	Jelly Pot 7oz	£1.00
Meal Deal	£2.40	Cookies/shortbread	65p	Dessert Pot	£1.00
Hot Pudding	79p	Special cakes	£1.00	Fruit Pot 7oz	£1.00
Home Bakes	95p				

## Drinks

Still Water Btl 500ml	85p	Radnor Fruit 250ml	75p	Vive Milkshakes	£1.00
Spk Water Btl 500ml	85p	Spk Splash 330ml	90p	Glacier Fruit ice	£1.00
Still water tetra	50p	<u>Cuplets</u>	40p	Blizzard Milkshakes	£1.00
Roma Flavoured	£1.00				

# Hanham Woods Acadmey





# DON'T MISS OUR FLAVOUR OF THE MONTH

## DON'T MISS OUR FLAVOUR OF THE MONTH

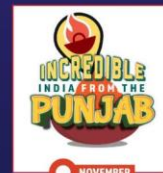
2023/2024



SEPTEMBER



OCTOBER



NOVEMBER



DECEMBER



JANUARY



FEBRUARY



MARCH



APRIL



MAY



JUNE



JULY

Aspens  
\*\*\*\*\*



**FEBRUARY**



**MARCH**



**APRIL**





MAY



JUNE



JULY

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



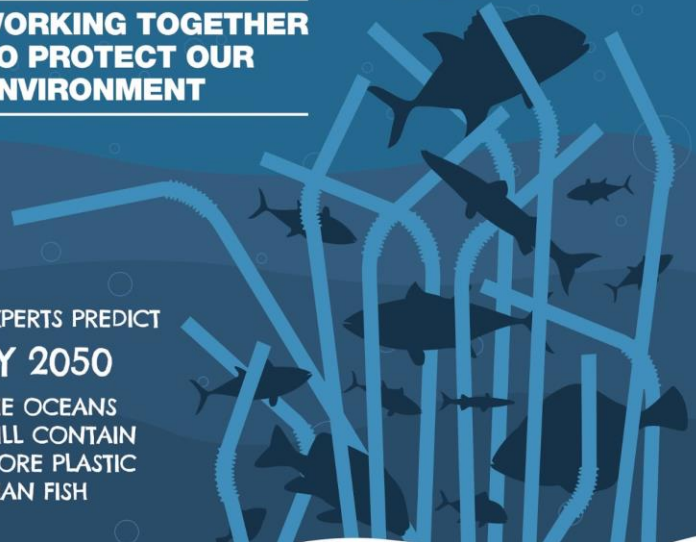
**PLASTIC STRAWS SUCK!**

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.



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

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