

Menu Nutritional Analysis for ASPENS AUTUMN WINTER 2024/25

Filter

Dishes	89 of 89	Weight (g)	Energy (kcal)	Fat (g)	Saturates (g)	Carbohydrate (g)	Sugars (g)	Protein (g)	Fibre (g)	Salt (g)
WEEK 2 TRADITIONAL PRIMARY CORE MENU AUTUMN WINTER 24/25 (SEPT) \ ASPENS AUTUMN WINTER 2024/25 Classic Cottage Pie & Peas KS1		289	363	10.5	2.6	48.2	5.8	17.9	9.8	1.0
			18.1%	15.0%	13.0%	18.5%	6.5%	35.8%	-	16.7%
WEEK 2 TRADITIONAL PRIMARY CORE MENU AUTUMN WINTER 24/25 (SEPT) \ ASPENS AUTUMN WINTER 2024/25 Roasted Sweet Potato Pastry Roll, Mash & Peas KS1		318	506	14.6	5.8	80.1	8.2	13.5	7.3	4.3
			25.3%	20.8%	29.2%	30.8%	9.1%	27.0%	-	71.5%
WEEK 2 TRADITIONAL PRIMARY CORE MENU AUTUMN WINTER 24/25 (SEPT) \ ASPENS AUTUMN WINTER 2024/25 Classic Cottage Pie & Peas KS2		361	454	13.1	3.2	60.2	7.3	22.4	12.2	1.3
			22.7%	18.7%	16.2%	23.2%	8.1%	44.7%	-	20.9%
WEEK 2 TRADITIONAL PRIMARY CORE MENU AUTUMN WINTER 24/25 (SEPT) \ ASPENS AUTUMN WINTER 2024/25 Roasted Sweet Potato Pastry Roll, Mash & Peas KS2		383	589	17.5	7.0	91.5	9.5	16.3	8.9	4.0
			29.4%	25.0%	35.1%	35.2%	10.6%	32.5%	-	66.5%
WEEK 1 TRADITIONAL PRIMARY CORE MENU AUTUMN WINTER 24/25 (SEPT) \ ASPENS AUTUMN WINTER 2024/25 Lasagne & Green Beans KS1		277	331	11.7	5.2	37.6	10.0	18.5	5.5	0.7
			16.5%	16.7%	26.0%	14.4%	11.1%	36.9%	-	11.5%
WEEK 1 TRADITIONAL PRIMARY CORE MENU AUTUMN WINTER 24/25 (SEPT) \ ASPENS AUTUMN WINTER 2024/25 Vegetable Lasagne & Green Beans KS1		299	319	8.9	4.0	44.6	12.3	15.0	7.8	0.7
			15.9%	12.7%	20.2%	17.2%	13.7%	30.0%	-	11.0%
WEEK 1 TRADITIONAL PRIMARY CORE MENU AUTUMN WINTER 24/25 (SEPT) \ ASPENS AUTUMN WINTER 2024/25 Lasagne & Green Beans KS2		343	413	14.6	6.5	47.0	12.4	23.0	6.7	0.9
			20.6%	20.9%	32.5%	18.1%	13.8%	46.0%	-	14.4%
WEEK 1 TRADITIONAL PRIMARY CORE MENU AUTUMN WINTER 24/25 (SEPT) \ ASPENS AUTUMN WINTER 2024/25 Vegetable Lasagne & Green Beans KS2		371	398	11.1	5.0	55.7	15.3	18.7	9.7	0.8
			19.9%	15.8%	25.2%	21.4%	17.0%	37.4%	-	13.7%
WEEK 1 TRADITIONAL PRIMARY CORE MENU AUTUMN WINTER 24/25 (SEPT) \ ASPENS AUTUMN WINTER 2024/25 Margherita Pizza Slice, Wedges & Sweetcorn KS1		262	427	10.6	4.8	69.2	4.0	15.7	5.7	1.1
			21.3%	15.1%	24.1%	26.6%	4.5%	31.5%	-	18.8%
WEEK 1 TRADITIONAL PRIMARY CORE MENU AUTUMN WINTER 24/25 (SEPT) \ ASPENS AUTUMN WINTER 2024/25 Veggie Pepper& Corn Pizza Slice, Wedges & Sweetcorn KS1		281	413	8.8	3.8	71.0	4.9	15.1	6.2	1.0
			20.7%	12.5%	18.8%	27.3%	5.5%	30.2%	-	16.3%

Dishes	89 of 89	Weight (g)	Energy (kcal)	Fat (g)	Saturates (g)	Carbohydrate (g)	Sugars (g)	Protein (g)	Fibre (g)	Salt (g)
WEEK 1 TRADITIONAL PRIMARY CORE MENU AUTUMN WINTER 24/25 (SEPT) \ ASPENS AUTUMN WINTER 2024/25 Margherita Pizza Slice, Wedges & Sweetcorn KS2	323	519	12.7	5.8	84.6	4.9	19.1	7.0	1.4	26.0% 18.2% 28.9% 32.5% 5.5% 38.2% - 22.5%
WEEK 1 TRADITIONAL PRIMARY CORE MENU AUTUMN WINTER 24/25 (SEPT) \ ASPENS AUTUMN WINTER 2024/25 Veggie Pepper & Corn Pizza Slice, Wedges & Sweetcorn KS2	346	503	10.6	4.5	86.7	6.0	18.3	7.6	1.2	25.2% 15.1% 22.6% 33.3% 6.7% 36.6% - 19.5%
WEEK 3 TRADITIONAL PRIMARY CORE MENU AUTUMN WINTER 24/25 (SEPT) \ ASPENS AUTUMN WINTER 2024/25 Hot Homemade Tomato Sauce, Pasta & Cheese KS1	154	293	8.6	3.8	46.9	5.4	10.6	2.9	0.8	14.6% 12.2% 18.9% 18.0% 6.0% 21.3% - 13.0%
WEEK 3 TRADITIONAL PRIMARY CORE MENU AUTUMN WINTER 24/25 (SEPT) \ ASPENS AUTUMN WINTER 2024/25 Hot Homemade Tomato Sauce, Pasta & Cheese KS2	169	347	10.3	4.7	55.1	5.8	12.6	3.2	0.9	17.3% 14.8% 23.4% 21.2% 6.4% 25.2% - 15.0%
WEEK 3 TRADITIONAL PRIMARY CORE MENU AUTUMN WINTER 24/25 (SEPT) \ ASPENS AUTUMN WINTER 2024/25 Veggie Wholegrain Pasta Bolognese & Carrots KS1	254	330	3.0	0.4	58.7	9.9	15.7	12.5	0.4	16.5% 4.3% 2.0% 22.6% 11.0% 31.5% - 6.4%
WEEK 3 TRADITIONAL PRIMARY CORE MENU AUTUMN WINTER 24/25 (SEPT) \ ASPENS AUTUMN WINTER 2024/25 Veggie Wholegrain Pasta Bolognese & Carrots KS2	318	413	3.7	0.5	73.4	12.4	19.7	15.7	0.5	20.6% 5.3% 2.5% 28.2% 13.8% 39.3% - 8.0%
WEEK 3 TRADITIONAL PRIMARY CORE MENU AUTUMN WINTER 24/25 (SEPT) \ ASPENS AUTUMN WINTER 2024/25 Meatballs in Tomato Sauce with Rice & Broccoli KS1	239	302	4.2	0.9	48.8	6.0	15.0	4.4	1.1	15.1% 6.0% 4.5% 18.8% 6.7% 29.9% - 18.0%
WEEK 3 TRADITIONAL PRIMARY CORE MENU AUTUMN WINTER 24/25 (SEPT) \ ASPENS AUTUMN WINTER 2024/25 Meatballs in Tomato Sauce with Rice & Broccoli KS2	280	372	5.1	1.1	59.9	6.6	18.9	5.1	1.3	18.6% 7.2% 5.6% 23.0% 7.3% 37.7% - 22.3%
WEEK 3 TRADITIONAL PRIMARY CORE MENU AUTUMN WINTER 24/25 (SEPT) \ ASPENS AUTUMN WINTER 2024/25 Vegetable Pot Pie, Mash & Root Veggies KS1	387	414	15.2	3.8	57.8	11.1	12.3	7.8	0.4	20.7% 21.7% 19.1% 22.2% 12.3% 24.5% - 6.4%
WEEK 3 TRADITIONAL PRIMARY CORE MENU AUTUMN WINTER 24/25 (SEPT) \ ASPENS AUTUMN WINTER 2024/25 Vegetable Pot Pie, Mash & Root Veggies KS2	483	517	19.0	4.8	72.3	13.9	15.3	9.7	0.5	25.9% 27.1% 23.9% 27.8% 15.4% 30.6% - 8.0%
WEEK 3 TRADITIONAL PRIMARY CORE MENU AUTUMN WINTER 24/25 (SEPT) \ ASPENS AUTUMN WINTER 2024/25 Mild Veggie Bean Chilli Loaded Wedges with Cheese & Broccoli KS1	307	251	7.2	3.0	36.8	6.2	10.6	7.3	0.6	12.5% 10.2% 14.8% 14.2% 6.9% 21.2% - 10.4%
WEEK 3 TRADITIONAL PRIMARY CORE MENU AUTUMN WINTER 24/25 (SEPT) \ ASPENS AUTUMN WINTER 2024/25 Mild Veggie Bean Chilli Loaded Wedges with Cheese & Broccoli KS2	381	312	9.0	3.7	45.9	7.7	13.1	9.0	0.8	15.6% 12.8% 18.5% 17.7% 8.5% 26.2% - 13.0%
WEEK 2 TRADITIONAL PRIMARY CORE MENU AUTUMN WINTER 24/25 (SEPT) \ ASPENS AUTUMN WINTER 2024/25 Cheesy Tomato Pizza Muffins, Wholegrain Pasta Salad & Green salad KS1	191	420	13.4	4.9	60.5	4.5	15.9	5.8	1.1	21.0% 19.1% 24.6% 23.3% 5.0% 31.8% - 19.1%
WEEK 2 TRADITIONAL PRIMARY CORE MENU AUTUMN WINTER 24/25 (SEPT) \ ASPENS AUTUMN WINTER 2024/25 Cheesy Tomato Pizza Muffins, Wholegrain Pasta Salad & Green salad KS2	234	512	16.2	5.9	73.7	5.6	19.3	7.1	1.4	25.6% 23.2% 29.6% 28.4% 6.2% 38.5% - 22.9%

Dishes	89 of 89	Weight (g)	Energy (kcal)	Fat (g)	Saturates (g)	Carbohydrate (g)	Sugars (g)	Protein (g)	Fibre (g)	Salt (g)
WEEK 2 TRADITIONAL PRIMARY CORE MENU AUTUMN WINTER 24/25 (SEPT) \ ASPENS AUTUMN WINTER 2024/25 BBQ Corn Pizza Slice, Wholegrain Pasta Salad & Green salad KS1	216	444	13.6	5.0	65.4	6.9	16.4	6.0	1.3	22.2% 19.4% 24.9% 25.1% 7.7% 32.8% - 22.3%
WEEK 2 TRADITIONAL PRIMARY CORE MENU AUTUMN WINTER 24/25 (SEPT) \ ASPENS AUTUMN WINTER 2024/25 BBQ Corn Pizza Slice, Wholegrain Pasta Salad & Green salad KS2	264	540	16.5	6.0	79.5	8.5	19.9	7.4	1.6	27.0% 23.6% 29.9% 30.6% 9.4% 39.8% - 26.8%
WEEK 2 TRADITIONAL PRIMARY CORE MENU AUTUMN WINTER 24/25 (SEPT) \ ASPENS AUTUMN WINTER 2024/25 Cheese & Tomato Toasted Wrap, Chips & Beans KS1	281	448	15.9	8.3	60.9	5.6	14.1	5.7	1.6	22.4% 22.7% 41.3% 23.4% 6.2% 28.1% - 27.4%
WEEK 2 TRADITIONAL PRIMARY CORE MENU AUTUMN WINTER 24/25 (SEPT) \ ASPENS AUTUMN WINTER 2024/25 Cheese & Tomato Toasted Wrap, Chips & Beans KS2	311	484	17.6	9.2	63.9	6.5	15.9	6.6	1.9	24.2% 25.1% 45.8% 24.6% 7.3% 31.9% - 31.2%
WEEK 3 TRADITIONAL PRIMARY CORE MENU AUTUMN WINTER 24/25 (SEPT) \ ASPENS AUTUMN WINTER 2024/25 Fish Fingers, Chips & Baked Beans KS1	350	400	9.2	3.6	58.8	4.5	16.2	9.0	1.4	20.0% 13.1% 18.2% 22.6% 5.0% 32.4% - 22.5%
WEEK 1 TRADITIONAL PRIMARY CORE MENU AUTUMN WINTER 24/25 (SEPT) \ ASPENS AUTUMN WINTER 2024/25 Veggie Burger (Beetroot), Chips & Beans KS1	287	424	11.3	5.5	64.3	8.9	16.3	6.3	1.8	21.2% 16.2% 27.3% 24.7% 9.9% 32.6% - 30.5%
WEEK 2 TRADITIONAL PRIMARY CORE MENU AUTUMN WINTER 24/25 (SEPT) \ ASPENS AUTUMN WINTER 2024/25 Battered Fish, Chips & Baked Beans KS1	210	251	6.8	2.0	34.4	2.3	10.2	5.2	0.9	12.5% 9.8% 10.0% 13.2% 2.5% 20.5% - 14.8%
WEEK 3 TRADITIONAL PRIMARY CORE MENU AUTUMN WINTER 24/25 (SEPT) \ ASPENS AUTUMN WINTER 2024/25 Vegetable Fingers, Chips & Beans KS1	207	263	7.9	2.0	38.7	3.4	6.7	5.3	1.1	13.2% 11.3% 9.9% 14.9% 3.8% 13.3% - 17.9%
WEEK 3 TRADITIONAL PRIMARY CORE MENU AUTUMN WINTER 24/25 (SEPT) \ ASPENS AUTUMN WINTER 2024/25 Fish Fingers, Chips & Baked Beans KS2	415	477	10.6	3.8	68.2	6.2	21.5	11.3	1.7	23.9% 15.2% 19.2% 26.2% 6.8% 43.0% - 28.7%
WEEK 1 TRADITIONAL PRIMARY CORE MENU AUTUMN WINTER 24/25 (SEPT) \ ASPENS AUTUMN WINTER 2024/25 Veggie Burger (Beetroot), Chips & Beans KS2	307	441	11.4	5.5	66.9	9.7	17.2	7.1	1.9	22.0% 16.3% 27.4% 25.7% 10.7% 34.5% - 32.3%
WEEK 2 TRADITIONAL PRIMARY CORE MENU AUTUMN WINTER 24/25 (SEPT) \ ASPENS AUTUMN WINTER 2024/25 Battered Fish, Chips & Baked Beans KS2	230	267	6.9	2.0	36.9	3.0	11.2	6.1	1.0	13.4% 9.9% 10.1% 14.2% 3.3% 22.4% - 16.6%
WEEK 3 TRADITIONAL PRIMARY CORE MENU AUTUMN WINTER 24/25 (SEPT) \ ASPENS AUTUMN WINTER 2024/25 Vegetable Fingers, Chips & Beans KS2	256	334	10.3	2.2	48.1	4.9	8.6	6.8	1.5	16.7% 14.7% 10.8% 18.5% 5.4% 17.2% - 24.3%
WEEK 3 TRADITIONAL PRIMARY CORE MENU AUTUMN WINTER 24/25 (SEPT) \ ASPENS AUTUMN WINTER 2024/25 Roast Chicken, Stuffing, Roast Potatoes, Peas, Sweetcorn & Gravy KS1	234	337	14.3	2.3	33.8	3.0	17.3	5.8	0.9	16.8% 20.5% 11.6% 13.0% 3.3% 34.6% - 15.8%
WEEK 3 TRADITIONAL PRIMARY CORE MENU AUTUMN WINTER 24/25 (SEPT) \ ASPENS AUTUMN WINTER 2024/25 Roast Chicken, Stuffing, Roast Potatoes, Peas, Sweetcorn & Gravy KS2	252	369	15.8	2.7	35.5	3.1	20.3	6.0	1.1	18.4% 22.6% 13.5% 13.6% 3.4% 40.7% - 17.8%

Dishes	89 of 89	Weight (g)	Energy (kcal)	Fat (g)	Saturates (g)	Carbohydrate (g)	Sugars (g)	Protein (g)	Fibre (g)	Salt (g)
WEEK 1 TRADITIONAL PRIMARY CORE MENU AUTUMN WINTER 24/25 (SEPT) \ ASPENS AUTUMN WINTER 2024/25 Roast Gammon, Roasties & Carrots & Peas, Gravy KS1	214	256	12.1	2.0	22.9	3.0	13.2	3.9	1.5	12.8% 17.3% 10.2% 8.8% 3.3% 26.3% - 25.2%
WEEK 1 TRADITIONAL PRIMARY CORE MENU AUTUMN WINTER 24/25 (SEPT) \ ASPENS AUTUMN WINTER 2024/25 Roast Gammon, Roasties, Carrots & Peas, Gravy KS2	241	282	13.2	2.4	23.8	3.5	16.0	4.4	1.8	14.1% 18.9% 12.0% 9.2% 3.9% 31.9% - 30.4%
WEEK 2 TRADITIONAL PRIMARY CORE MENU AUTUMN WINTER 24/25 (SEPT) \ ASPENS AUTUMN WINTER 2024/25 Roast Pork, Roasties, Steamed Mixed Greens, Gravy KS1	222	299	16.8	3.6	22.3	2.6	13.7	4.1	0.4	14.9% 24.0% 17.9% 8.6% 2.9% 27.4% - 6.2%
WEEK 2 TRADITIONAL PRIMARY CORE MENU AUTUMN WINTER 24/25 (SEPT) \ ASPENS AUTUMN WINTER 2024/25 Roast Pork, Roasties, Steamed Mixed Greens, Gravy KS2	250	335	19.0	4.3	23.1	3.0	16.6	4.7	0.4	16.8% 27.2% 21.7% 8.9% 3.4% 33.3% - 6.6%
WEEK 1 TRADITIONAL PRIMARY CORE MENU AUTUMN WINTER 24/25 (SEPT) \ ASPENS AUTUMN WINTER 2024/25 Quorn Sausage, Roast Potatoes, Gravy, Peas & Carrots KS1	209	250	10.3	1.5	27.0	3.0	11.0	5.6	0.8	12.5% 14.7% 7.4% 10.4% 3.4% 22.1% - 14.1%
WEEK 1 TRADITIONAL PRIMARY CORE MENU AUTUMN WINTER 24/25 (SEPT) \ ASPENS AUTUMN WINTER 2024/25 Quorn Sausage, Roast Potatoes, Gravy, Peas & Carrots KS2	222	256	10.4	1.5	27.9	3.5	11.4	6.0	0.9	12.8% 14.8% 7.5% 10.7% 3.9% 22.9% - 14.2%
WEEK 3 TRADITIONAL PRIMARY CORE MENU AUTUMN WINTER 24/25 (SEPT) \ ASPENS AUTUMN WINTER 2024/25 Carrot & Stuffing Pastry Plait, Peas, Sweetcorn KS1	269	502	26.3	10.1	53.1	4.2	13.9	6.6	1.5	25.1% 37.5% 50.7% 20.4% 4.6% 27.9% - 25.2%
WEEK 3 TRADITIONAL PRIMARY CORE MENU AUTUMN WINTER 24/25 (SEPT) \ ASPENS AUTUMN WINTER 2024/25 Carrot & Stuffing Pastry Plait, Peas & Sweetcorn KS2	285	547	28.9	11.5	57.5	4.5	15.2	6.9	1.7	27.4% 41.2% 57.5% 22.1% 5.0% 30.5% - 28.7%
WEEK 1 TRADITIONAL PRIMARY CORE MENU AUTUMN WINTER 24/25 (SEPT) \ ASPENS AUTUMN WINTER 2024/25 Sweet Potato Brownie KS1	47	170	7.7	3.0	22.2	17.7	2.4	1.4	0.1	8.5% 11.0% 14.9% 8.5% 19.6% 4.8% - 1.1%
WEEK 1 TRADITIONAL PRIMARY CORE MENU AUTUMN WINTER 24/25 (SEPT) \ ASPENS AUTUMN WINTER 2024/25 Sweet Potato Brownie KS2	56	205	9.3	3.6	26.8	21.2	2.9	1.7	0.1	10.2% 13.2% 17.8% 10.3% 23.6% 5.7% - 1.3%
WEEK 3 TRADITIONAL PRIMARY CORE MENU AUTUMN WINTER 24/25 (SEPT) \ ASPENS AUTUMN WINTER 2024/25 Jacket Potato 40 & Assorted Toppings KS1	226	250	4.1	2.0	45.6	3.4	9.1	5.7	0.5	12.5% 5.8% 10.0% 17.5% 3.8% 18.2% - 7.7%
WEEK 3 TRADITIONAL PRIMARY CORE MENU AUTUMN WINTER 24/25 (SEPT) \ ASPENS AUTUMN WINTER 2024/25 Jacket Potato 40 & Assorted Toppings KS2	240	276	5.7	2.9	46.9	3.8	10.5	6.0	0.6	13.8% 8.2% 14.5% 18.0% 4.2% 21.1% - 10.6%
WEEK 2 TRADITIONAL PRIMARY CORE MENU AUTUMN WINTER 24/25 (SEPT) \ ASPENS AUTUMN WINTER 2024/25 Cauliflower Cheese with optional Crispy Onion Toppings & Mixed Greens KS1	168	127	6.5	3.2	9.1	5.1	6.9	2.9	0.3	6.3% 9.3% 15.8% 3.5% 5.7% 13.7% - 5.4%
WEEK 2 TRADITIONAL PRIMARY CORE MENU AUTUMN WINTER 24/25 (SEPT) \ ASPENS AUTUMN WINTER 2024/25 Cauliflower Cheese with optional Crispy Onion Toppings & Mixed Greens KS2	214	188	10.4	5.1	13.4	7.2	8.9	3.9	0.5	9.4% 14.9% 25.5% 5.2% 8.0% 17.8% - 7.7%

Dishes	89 of 89	Weight (g)	Energy (kcal)	Fat (g)	Saturates (g)	Carbohydrate (g)	Sugars (g)	Protein (g)	Fibre (g)	Salt (g)
WEEK 2 TRADITIONAL PRIMARY CORE MENU AUTUMN WINTER 24/25 (SEPT) \ ASPENS AUTUMN WINTER 2024/25 Toffee Apple Sponge & Custard KS1	144	231	11.0	6.1	28.9	19.2	4.5	0.6	0.2	11.5% 15.7% 30.6% 11.1% 21.3% 8.9% - 3.7%
WEEK 2 TRADITIONAL PRIMARY CORE MENU AUTUMN WINTER 24/25 (SEPT) \ ASPENS AUTUMN WINTER 2024/25 Toffee Apple Sponge & Custard KS2	154	257	12.6	7.0	31.8	21.0	4.7	0.7	0.2	12.9% 18.0% 35.1% 12.2% 23.3% 9.5% - 4.0%
WEEK 1 TRADITIONAL PRIMARY CORE MENU AUTUMN WINTER 24/25 (SEPT) \ ASPENS AUTUMN WINTER 2024/25 Butterbean Ratatouille, Apple Slaw, Wholegrain Rice KS1	248	296	7.3	0.8	53.9	7.3	7.5	5.6	0.2	14.8% 10.4% 4.1% 20.7% 8.2% 15.0% - 4.1%
WEEK 1 TRADITIONAL PRIMARY CORE MENU AUTUMN WINTER 24/25 (SEPT) \ ASPENS AUTUMN WINTER 2024/25 Butterbean Ratatouille, Apple Slaw, Wholegrain Rice KS2	310	370	9.1	1.0	67.4	9.2	9.3	7.0	0.3	18.5% 13.0% 5.1% 25.9% 10.2% 18.7% - 5.1%
WEEK 1 TRADITIONAL PRIMARY CORE MENU AUTUMN WINTER 24/25 (SEPT) \ ASPENS AUTUMN WINTER 2024/25 BBQ Cheesy Chicken (Hunters Chicken), Apple Slaw & Wholegrain Rice KS2	244	447	17.0	4.5	57.6	9.2	19.5	3.1	1.1	22.4% 24.2% 22.3% 22.2% 10.2% 39.0% - 17.9%
WEEK 1 TRADITIONAL PRIMARY CORE MENU AUTUMN WINTER 24/25 (SEPT) \ ASPENS AUTUMN WINTER 2024/25 BBQ Cheesy Chicken (Hunters Chicken), Apple Slaw & Wholegrain Rice KS1	195	358	13.6	3.6	46.1	7.3	15.6	2.5	0.9	17.9% 19.4% 17.9% 17.7% 8.2% 31.2% - 14.3%
WEEK 3 TRADITIONAL PRIMARY CORE MENU AUTUMN WINTER 24/25 (SEPT) \ ASPENS AUTUMN WINTER 2024/25 Marble Cake KS1	41	164	9.1	3.4	18.4	10.7	2.3	0.8	0.2	8.2% 13.0% 17.1% 7.1% 11.9% 4.6% - 2.5%
WEEK 3 TRADITIONAL PRIMARY CORE MENU AUTUMN WINTER 24/25 (SEPT) \ ASPENS AUTUMN WINTER 2024/25 Marble Cake KS2	51	202	11.2	4.2	22.6	13.2	2.8	0.9	0.2	10.1% 16.0% 21.1% 8.7% 14.6% 5.6% - 3.1%
WEEK 2 TRADITIONAL PRIMARY CORE MENU AUTUMN WINTER 24/25 (SEPT) \ ASPENS AUTUMN WINTER 2024/25 Fresh Fruit Salad KS2	65	32	0.1	0.0	7.3	6.9	0.5	1.0	0.0	1.6% 0.2% 0.2% 2.8% 7.7% 1.0% - 0.0%
WEEK 2 TRADITIONAL PRIMARY CORE MENU AUTUMN WINTER 24/25 (SEPT) \ ASPENS AUTUMN WINTER 2024/25 Fresh Fruit Salad KS1	54	27	0.1	0.0	6.1	5.8	0.4	0.8	0.0	1.3% 0.2% 0.1% 2.3% 6.4% 0.8% - 0.0%
WEEK 3 TRADITIONAL PRIMARY CORE MENU AUTUMN WINTER 24/25 (SEPT) \ ASPENS AUTUMN WINTER 2024/25 Sausage Casserole, Mash & Roast Root Veggies KS1	334	366	16.1	4.4	41.4	10.4	10.6	6.7	1.5	18.3% 23.1% 21.8% 15.9% 11.6% 21.1% - 24.6%
WEEK 3 TRADITIONAL PRIMARY CORE MENU AUTUMN WINTER 24/25 (SEPT) \ ASPENS AUTUMN WINTER 2024/25 Sausage Casserole, Mash & Roast Root Veggies KS2	418	458	20.2	5.5	51.7	13.1	13.2	8.4	1.8	22.9% 28.8% 27.3% 19.9% 14.5% 26.4% - 30.8%
WEEK 1 TRADITIONAL PRIMARY CORE MENU AUTUMN WINTER 24/25 (SEPT) \ ASPENS AUTUMN WINTER 2024/25 Toffee Frozen Yoghurt KS1 & KS2	80	137	6.0	3.0	17.7	10.6	2.9	0.0	0.1	6.8% 8.6% 15.2% 6.8% 11.8% 5.8% - 2.3%
WEEK 2 TRADITIONAL PRIMARY CORE MENU AUTUMN WINTER 24/25 (SEPT) \ ASPENS AUTUMN WINTER 2024/25 Chicken & Sweetcorn Cobbler, Herby Diced Potato & Carrots KS2	411	572	25.8	9.4	66.7	8.5	19.4	7.4	1.1	28.6% 36.8% 47.2% 25.7% 9.4% 38.7% - 18.9%

Dishes	89 of 89	Weight (g)	Energy (kcal)	Fat (g)	Saturates (g)	Carbohydrate (g)	Sugars (g)	Protein (g)	Fibre (g)	Salt (g)
WEEK 2 TRADITIONAL PRIMARY CORE MENU AUTUMN WINTER 24/25 (SEPT) \ ASPENS AUTUMN WINTER 2024/25 Winter Vegetable Crumble, Herby Diced Potatoes & Carrots KS2	439	525	22.0	9.0	66.0	10.1	13.7	11.9	0.7	26.2% 31.5% 44.9% 25.4% 11.2% 27.4% - 11.3%
WEEK 3 TRADITIONAL PRIMARY CORE MENU AUTUMN WINTER 24/25 (SEPT) \ ASPENS AUTUMN WINTER 2024/25 American Style Macaroni Cheese & Carrots KS2	164	391	11.2	5.0	63.7	11.5	12.5	3.4	1.0	19.6% 16.1% 24.9% 24.5% 12.8% 25.0% - 16.8%
WEEK 2 TRADITIONAL PRIMARY CORE MENU AUTUMN WINTER 24/25 (SEPT) \ ASPENS AUTUMN WINTER 2024/25 Chicken & Sweetcorn Cobbler, Herby Diced Potato & Carrots KS1	329	458	20.6	7.5	53.4	6.8	15.5	5.9	0.9	22.9% 29.4% 37.7% 20.5% 7.5% 31.0% - 15.2%
WEEK 2 TRADITIONAL PRIMARY CORE MENU AUTUMN WINTER 24/25 (SEPT) \ ASPENS AUTUMN WINTER 2024/25 Winter Vegetable Crumble, Herby Diced Potatoes & Carrots KS1	351	420	17.6	7.2	52.8	8.1	11.0	9.5	0.5	21.0% 25.2% 35.9% 20.3% 9.0% 22.0% - 9.1%
WEEK 3 TRADITIONAL PRIMARY CORE MENU AUTUMN WINTER 24/25 (SEPT) \ ASPENS AUTUMN WINTER 2024/25 American Style Macaroni Cheese & Carrots KS1	132	313	9.0	4.0	51.0	9.2	10.0	2.7	0.8	15.6% 12.9% 19.9% 19.6% 10.2% 20.0% - 13.5%
WEEK 1 TRADITIONAL PRIMARY CORE MENU AUTUMN WINTER 24/25 (SEPT) \ ASPENS AUTUMN WINTER 2024/25 Forest Fruits Jelly Pots KS1 & KS2	35	70	0.1	0.0	15.9	15.0	1.1	0.2	0.1	3.5% 0.1% 0.1% 6.1% 16.6% 2.2% - 1.9%
WEEK 1 TRADITIONAL PRIMARY CORE MENU AUTUMN WINTER 24/25 (SEPT) \ ASPENS AUTUMN WINTER 2024/25 Cookie Dough Apple Crumble KS1	83	200	7.6	2.9	32.2	15.7	1.8	1.6	0.2	10.0% 10.8% 14.4% 12.4% 17.4% 3.7% - 3.7%
WEEK 1 TRADITIONAL PRIMARY CORE MENU AUTUMN WINTER 24/25 (SEPT) \ ASPENS AUTUMN WINTER 2024/25 Cookie Dough Apple Crumble KS2	100	240	9.1	3.5	38.6	18.8	2.2	1.9	0.3	12.0% 13.0% 17.3% 14.9% 20.9% 4.4% - 4.4%
WEEK 1 TRADITIONAL PRIMARY CORE MENU AUTUMN WINTER 24/25 (SEPT) \ ASPENS AUTUMN WINTER 2024/25 Jammy Thumbprint Biscuits KS1	54	206	10.0	3.7	25.9	10.4	3.1	0.7	0.1	10.3% 14.3% 18.6% 10.0% 11.6% 6.2% - 1.3%
WEEK 1 TRADITIONAL PRIMARY CORE MENU AUTUMN WINTER 24/25 (SEPT) \ ASPENS AUTUMN WINTER 2024/25 Jammy Thumbprint Biscuits KS2	68	258	12.5	4.7	32.4	13.0	3.9	0.9	0.1	12.9% 17.9% 23.3% 12.5% 14.5% 7.8% - 1.6%
WEEK 2 TRADITIONAL PRIMARY CORE MENU AUTUMN WINTER 24/25 (SEPT) \ ASPENS AUTUMN WINTER 2024/25 Chocolate Sprinkle Iced Cake KS1	49	185	8.2	3.1	25.9	19.7	2.3	1.0	0.2	9.3% 11.7% 15.7% 10.0% 21.9% 4.5% - 3.2%
WEEK 2 TRADITIONAL PRIMARY CORE MENU AUTUMN WINTER 24/25 (SEPT) \ ASPENS AUTUMN WINTER 2024/25 Chocolate Sprinkle Iced Cake KS2	58	222	9.8	3.8	31.1	23.6	2.7	1.2	0.2	11.1% 14.0% 18.8% 12.0% 26.2% 5.4% - 3.8%
WEEK 2 TRADITIONAL PRIMARY CORE MENU AUTUMN WINTER 24/25 (SEPT) \ ASPENS AUTUMN WINTER 2024/25 Anzac Biscuits KS1	41	185	10.3	5.9	20.8	11.2	2.1	2.2	0.3	9.2% 14.7% 29.4% 8.0% 12.4% 4.2% - 5.6%
WEEK 2 TRADITIONAL PRIMARY CORE MENU AUTUMN WINTER 24/25 (SEPT) \ ASPENS AUTUMN WINTER 2024/25 Anzac Biscuits KS2	102	462	25.7	14.7	52.0	27.9	5.2	5.4	0.8	23.1% 36.8% 73.4% 20.0% 31.0% 10.5% - 14.1%

Dishes	89 of 89	Weight (g)	Energy (kcal)	Fat (g)	Saturates (g)	Carbohydrate (g)	Sugars (g)	Protein (g)	Fibre (g)	Salt (g)
WEEK 3 TRADITIONAL PRIMARY CORE MENU AUTUMN WINTER 24/25 (SEPT) \ ASPENS AUTUMN WINTER 2024/25 Apple, Cinnamon Raisin Flapjacks KS1	46	183	8.8	3.0	22.9	11.7	2.5	2.0	0.1	
		9.2%	12.5%	15.0%	8.8%	13.0%	5.1%	-	1.0%	
WEEK 3 TRADITIONAL PRIMARY CORE MENU AUTUMN WINTER 24/25 (SEPT) \ ASPENS AUTUMN WINTER 2024/25 Apple, Cinnamon Raisin Flapjacks KS2	55	220	10.5	3.6	27.5	14.1	3.1	2.4	0.1	
		11.0%	15.1%	18.0%	10.6%	15.7%	6.1%	-	1.2%	
WEEK 3 TRADITIONAL PRIMARY CORE MENU AUTUMN WINTER 24/25 (SEPT) \ ASPENS AUTUMN WINTER 2024/25 Orange & Mango Jelly KS1 & KS2	27	61	0.1	0.0	13.8	13.7	1.1	0.1	0.1	
		3.0%	0.1%	0.1%	5.3%	15.2%	2.2%	-	1.8%	
WEEK 3 TRADITIONAL PRIMARY CORE MENU AUTUMN WINTER 24/25 (SEPT) \ ASPENS AUTUMN WINTER 2024/25 Banana Bread Muffins KS1 & KS2	95	283	10.4	1.2	44.3	21.5	4.2	1.3	0.3	
		14.2%	14.8%	5.8%	17.0%	23.9%	8.4%	-	5.0%	
WEEK 3 TRADITIONAL PRIMARY CORE MENU AUTUMN WINTER 24/25 (SEPT) \ ASPENS AUTUMN WINTER 2024/25 Gingerbread Cookies KS1	41	176	7.3	2.8	26.4	11.5	1.7	0.8	0.2	
		8.8%	10.5%	14.0%	10.1%	12.8%	3.5%	-	3.5%	
WEEK 3 TRADITIONAL PRIMARY CORE MENU AUTUMN WINTER 24/25 (SEPT) \ ASPENS AUTUMN WINTER 2024/25 Gingerbread Cookies KS2	50	217	9.0	3.4	32.5	14.2	2.1	1.0	0.3	
		10.8%	12.9%	17.2%	12.5%	15.7%	4.3%	-	4.3%	
WEEK 2 TRADITIONAL PRIMARY CORE MENU AUTUMN WINTER 24/25 (SEPT) \ ASPENS AUTUMN WINTER 2024/25 Raspberry Coconut Jelly KS1 & KS2	15	59	0.5	0.4	12.4	12.1	1.1	0.2	0.1	
		3.0%	0.7%	2.2%	4.8%	13.5%	2.1%	-	1.9%	
WEEK 1 TRADITIONAL PRIMARY CORE MENU AUTUMN WINTER 24/25 (SEPT) \ ASPENS AUTUMN WINTER 2024/25 Fish Fingers, Chips & Baked Beans KS1	350	400	9.2	3.6	58.8	4.5	16.2	9.0	1.4	
		20.0%	13.1%	18.2%	22.6%	5.0%	32.4%	-	22.5%	
WEEK 1 TRADITIONAL PRIMARY CORE MENU AUTUMN WINTER 24/25 (SEPT) \ ASPENS AUTUMN WINTER 2024/25 Fish Fingers, Chips & Baked Beans KS2	415	477	10.6	3.8	68.2	6.2	21.5	11.3	1.7	
		23.9%	15.2%	19.2%	26.2%	6.8%	43.0%	-	28.7%	