



Dear Family,

We have been busy working away with your school cooks to create new and exciting menus. Your child's health and happiness is the key driving force behind abm catering's values and we feel every child deserves the best quality of food and nutrition.

It's only natural to be concerned about whether your child is eating the right things, getting enough food and enjoying what's on the menu. That's why we put so much effort into getting our menus right! Take a look at the reverse of this flyer to see the variety of dishes that have been carefully selected by our chefs to offer something for every child, every day.

Our menus reflect the seasons to ensure we can always use the freshest ingredients, locally sourced wherever possible. By buying in fresh ingredients from quality producers, we can guarantee that your child is getting what it says on the menu. We always look to provide two hot main meals – one of which is vegetarian, full salad bar and a choice of fresh bread to compliment your child's meal.

From our experience, we know that children love eating together at lunchtime. It's all part of a normal day at school and a chance for them to socialise with their friends away from lessons.

Our job is to enhance that with some great food and exciting special days that add an extra bit of fun to proceedings!

With such a fun-packed term ahead, we are confident your children will be eating healthily, trying new things and receiving the fuel they need to concentrate throughout the afternoon.



Our Menus

- Our menus meet or exceed government food standards for school meals
- Do not include fish on the Marine Conservation Society 'fish to avoid' list
- Only contain British farm assured meat
- Are nut free



Spring to Summer 2018
Menu

the
Tasties
Putting the fun into food



Week One Menu

19 Feb, 12 Mar, 16 Apr, 7 May, 4 Jun, 25 Jun, 16 Jul, 17 Sep, 8 Oct

NOTE: please check with school for inset days, holidays and half term dates.

Monday

BBQ CHICKEN WITH PAST TWISTS

SELECTION OF JACKET POTATOES & SANDWICHES WITH ASSORTMENT OF FILLINGS (GF)

SEASONAL VEGETABLES (V) (GF)

APPLE FLAPJACK (V)

Tuesday

CHEESE & TOMATO PIZZA (V)

SELECTION OF JACKET POTATOES & SANDWICHES WITH ASSORTMENT OF FILLINGS (GF)

SEASONAL VEGETABLES (V) (GF)

CINNAMON OATY COOKIE (V)

Wednesday

ROAST TURKEY, ROAST POTATOES & GRAVY (GF)

SELECTION OF JACKET POTATOES & SANDWICHES WITH ASSORTMENT OF FILLINGS (GF)

SEASONAL VEGETABLES (V) (GF)

JELLY & FRUIT (V) (GF)

Thursday

SPAGHETTI BOLOGNESE

SELECTION OF JACKET POTATOES & SANDWICHES WITH ASSORTMENT OF FILLINGS (GF)

SEASONAL VEGETABLES (V) (GF)

JAM SPONGE (V)

Friday

FISH FINGERS WITH CHIPS

SELECTION OF JACKET POTATOES & SANDWICHES WITH ASSORTMENT OF FILLINGS (GF)

BAKED BEANS (V) (GF)

FRUITY FRIDAY (V) (GF)

Key
V- VEGETARIAN
GF - GLUTEN FREE

Available Daily

WHOLEMEAL BREAD, FRESH SALAD, WATER, FRESH FRUIT & FRUIT YOGHURT.

Week Two Menu

26 Feb, 19 Mar, 23 Apr, 14 May, 11 Jun, 2 Jul, 3 Sep, 24 Sep, 15 Oct

NOTE: please check with school for inset days, holidays and half term dates.

Monday

PORK SAUSAGE WITH MASH & GRAVY

SELECTION OF JACKET POTATOES & SANDWICHES WITH ASSORTMENT OF FILLINGS (GF)

SEASONAL VEGETABLES (V) (GF)

CHOCOLATE SPONGE (V)

Tuesday

VEGETARIAN MEATBALLS WITH SPAGHETTI (V)

SELECTION OF JACKET POTATOES & SANDWICHES WITH ASSORTMENT OF FILLINGS (GF)

SEASONAL VEGETABLES (V) (GF)

APPLE CRUMBLE & CUSTARD (V)

Wednesday

ROAST GAMMON, ROAST POTATOES & GRAVY (GF)

SELECTION OF JACKET POTATOES & SANDWICHES WITH ASSORTMENT OF FILLINGS (GF)

SEASONAL VEGETABLES (V) (GF)

CARROT CAKE (V)

Thursday

VEGETARIAN LASAGNE (V)

SELECTION OF JACKET POTATOES & SANDWICHES WITH ASSORTMENT OF FILLINGS (GF)

SEASONAL VEGETABLES (V) (GF)

ICE CREAM WITH SHORTBREAD FINGER (V)

Friday

FISHCAKE WITH CHIPS (GF)

SELECTION OF JACKET POTATOES & SANDWICHES WITH ASSORTMENT OF FILLINGS (GF)

BAKED BEANS (V) (GF)

FRUITY FRIDAY (V) (GF)

Key
V- VEGETARIAN
GF - GLUTEN FREE

Available Daily

WHOLEMEAL BREAD, FRESH SALAD, WATER, FRESH FRUIT & FRUIT YOGHURT.

Week Three Menu

5 Mar, 26 Mar, 30 Apr, 21 May, 18 Jun, 9 Jul, 10 Sep, 1 Oct

NOTE: please check with school for inset days, holidays and half term dates.

Monday

TURKEY & VEGETABLE PIE

SELECTION OF JACKET POTATOES & SANDWICHES WITH ASSORTMENT OF FILLINGS (GF)

SEASONAL VEGETABLES (V) (GF)

ICED LEMON SPONGE (V)

Tuesday

CHEESE & TOMATO PASTA TWISTS (V)

SELECTION OF JACKET POTATOES & SANDWICHES WITH ASSORTMENT OF FILLINGS (GF)

SEASONAL VEGETABLES (V) (GF)

SULTANA COOKIE (V)

Wednesday

ROAST CHICKEN, ROAST POTATOES & GRAVY (GF)

SELECTION OF JACKET POTATOES & SANDWICHES WITH ASSORTMENT OF FILLINGS (GF)

SEASONAL VEGETABLES (V) (GF)

PINEAPPLE UPSIDE DOWN CAKE (V)

Thursday

BEEF BURGER

SELECTION OF JACKET POTATOES & SANDWICHES WITH ASSORTMENT OF FILLINGS (GF)

SEASONAL VEGETABLES (V) (GF)

CHOCOLATE RICE CRISP CAKE (V)

Friday

COD OR SALMON FISH FINGERS WITH CHIPS

SELECTION OF JACKET POTATOES & SANDWICHES WITH ASSORTMENT OF FILLINGS (GF)

BAKED BEANS (V) (GF)

FRUITY FRIDAY (V) (GF)

Key
V- VEGETARIAN
GF - GLUTEN FREE

Available Daily

WHOLEMEAL BREAD, FRESH SALAD, WATER, FRESH FRUIT & FRUIT YOGHURT.