



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

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

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

Monday

BBQ CHICKEN WITH PASTA TWISTS

MACARONI CHEESE (V)

SEASONAL VEGETABLES (V) (GF)

APPLE FLAPJACK (V)

Tuesday

HAM PIZZA

CHEESE & TOMATO PIZZA (V)

SEASONAL VEGETABLES (V) (GF)

CINNAMON OATY COOKIE (V)

Wednesday

ROAST TURKEY, ROAST POTATOES & GRAVY (GF)

SWEET POTATO & LENTIL WELLINGTON (V)

SEASONAL VEGETABLES (V) (GF)

JELLY & FRUIT (V) (GF)

Thursday

SPAGHETTI BOLOGNESE

QUORN BOLOGNESE (V)

SEASONAL VEGETABLES (V) (GF)

JAM SPONGE (V)

Friday

FISH FINGERS WITH CHIPS

VEGETABLE FINGERS WITH CHIPS (V)

SEASONAL VEGETABLES (V) (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

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

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

Monday

PORK SAUSAGE WITH MASH & GRAVY

QUORN SAUSAGE WITH MASH (V)

SEASONAL VEGETABLES (V) (GF)

CHOCOLATE SPONGE (V)

Tuesday

MILD BEEF CHILLI WITH RICE (GF)

VEGETARIAN MEATBALLS WITH RICE (V)

SEASONAL VEGETABLES (V) (GF)

APPLE CRUMBLE & CUSTARD (V)

Wednesday

ROAST GAMMON WITH ROAST POTATOES & GRAVY (GF)

CHEESE & BAKED BEAN PUFF (V)

SEASONAL VEGETABLES (V) (GF)

CARROT CAKE (V)

Thursday

CHICKEN FAJITA

VEGETARIAN LASAGNE (V)

SEASONAL VEGETABLES (V) (GF)

ICE CREAM WITH SHORTBREAD FINGER (V)

Friday

FISHCAKE WITH CHIPS (GF)

ROAST VEGETABLE FRITTATA WITH CHIPS (V)

SEASONAL VEGETABLES (V) (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

5th Mar, 26th Mar, 30th Apr, 21st May, 18th Jun, 9th Jul, 10th Sep, 1st Oct
NOTE: please check with school for inset days, holidays and half term dates.

Monday

TURKEY & VEGETABLE PIE

MILD VEGETABLE KORMA WITH RICE (V) (GF)

SEASONAL VEGETABLES (V) (GF)

FICED LEMON SPONGE

Tuesday

BEEF BURGER

CHEESE & TOMATO PASTA TWISTS (V)

SEASONAL VEGETABLES (V) (GF)

SULTANA COOKIE (V)

Wednesday

ROAST CHICKEN WITH ROAST POTATOES & GRAVY (GF)

ROAST QUORN FILLET WITH ROAST POTATOES & GRAVY (V) (GF)

SEASONAL VEGETABLES (V) (GF)

PINEAPPLE UPSIDE DOWN CAKE (V)

Thursday

MILD CHICKEN KORMA WITH RICE (GF)

VEGETABLE SPECIAL RICE (V) (GF)

SEASONAL VEGETABLES (V) (GF)

CHOCOLATE RICE CRISP CAKE (V) (GF)

Friday

COD OR SALMON FINGERS WITH CHIPS

VEGETARIAN SAUSAGE WITH CHIPS (V)

SEASONAL VEGETABLES (V) (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.