



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 2019 - Summer 2019
Menu

the Tasties

Putting the fun into food



Week One Menu

25 Feb / 18 March / 22 April / 13 May / 10th June / 1st July / 2nd Sept / 23rd Sept / 7th Oct 2019

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

Key

V - VEGETARIAN
GF - GLUTEN FREE

Monday

BBQ CHICKEN WITH RICE

BBQ QUORN PIECES WITH RICE (V)

JACKET POTATO
SEASON VEGETABLES (V) (GF)
APPLE CRUMBLE WITH CUSTARD

Tuesday

SPAGHETTI BOLOGNAISE

CHEESE FLAN (V)

DELI BAR
SEASON VEGETABLES (V) (GF)
CINNAMON OATY COOKIE

Wednesday

ROAST TURKEY WITH ROAST POTATOES & GRAVY

QUORN FILLET WITH ROAST POTATOES AND GRAVY (V)

DELI BAR
SEASON VEGETABLES (V) (GF)
CARROT CAKE

Thursday

MEAT PIZZA WITH WEDGES

CHEESE AND TOMATO PIZZA WITH WEDGES (V)

JACKET POTATO
SEASON VEGETABLES (V) (GF)
SHORTBREAD BISCUIT

Friday

FISH FINGERS WITH CHIPS

VEGETABLE FINGERS WITH CHIPS (V)
BAKED BEANS OR PEAS (V) (GF)
FRUITY FRIDAY

Available Daily

WHOLEMEAL BREAD, WATER, SEASONAL FRESH FRUIT AND SALAD, FLAVOURED JELLY & FRUIT YOGHURT

Week Two Menu

18th March / 25th March / 29th April / 20th May / 17th June / 8th July / 9th Sept / 23rd Sept / 14th Oct 2019

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

Key

V - VEGETARIAN
GF - GLUTEN FREE

Monday

SAUSAGES, MASH & GRAVY

VEGETABLE SAUSAGE, MASH AND GRAVY (V)

JACKET POTATO

SEASON VEGETABLES (V) (GF)
CHOCOLATE SPONGE WITH CHOCOLATE SAUCE

Tuesday

LASAGNE

VEGETARIAN LASAGNE (V)

DELI BAR

SEASON VEGETABLES (V) (GF)
JAM TART AND CUSTARD

Wednesday

ROAST GAMMON WITH ROAST POTATOES AND GRAVY

VEGETARIAN MEATLOAF WITH ROAST POTATOES (V)

DELI BAR

SEASON VEGETABLES (V) (GF)
GINGER SPONGE & VANILLA SAUCE

Thursday

CHICKEN AND VEGETABLE PIE

MIXED BEAN AND VEGETABLE TORTILLA (V)

JACKET POTATO
SEASON VEGETABLES (V) (GF)
VIENNESE WHIRL BISCUITS

Friday

FISH FINGERS WITH CHIPS

CHEESE AND TOMATO PASTA BAKE (V)

SWEETCORN & PEAS (V) (GF)
STICKY TOFFEE PUDDING

Available Daily

WHOLEMEAL BREAD, WATER, SEASONAL FRESH FRUIT AND SALAD, FLAVOURED JELLY & FRUIT YOGHURT

Week Three Menu

11th March / 1st April / 6th May / 3rd June / 24th June / 15th July / 16th Sept / 30th Sept 2019

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

Key

V - VEGETARIAN
GF - GLUTEN FREE

Monday

CHICKEN IN TOMATO SAUCE with PASTA TWISTS

QUORN IN TOMATO SAUCE with PASTA TWISTS (V)

JACKET POTATO

SEASON VEGETABLES (V) (GF)
RICE CRISP CAKE

Tuesday

BEEF BURGER WITH WEDGES

VEGETARIAN HOTDOG WITH WEDGES (V)

DELI BAR
SEASON VEGETABLES (V) (GF)
ICED LEMON SPONGE

Wednesday

ROAST CHICKEN WITH ROAST POTATOES AND GRAVY

CHEESE AND TOMATO PUFF (V)

DELI BAR
SEASON VEGETABLES (V) (GF)
CHOCOLATE COURGETTE MUFFIN

Thursday

MILD BEEF CHILLI AND RICE

MACARONI CHEESE (V)

JACKET POTATO
SEASON VEGETABLES (V) (GF)
STRAWBERRY JELLY WITH ICECREAM

Friday

FISH FINGERS WITH CHIPS

VEGETABLE FINGERS WITH CHIPS (V)
BAKED BEANS (V) (GF)
GOOEY ORANGE PUDDING

Available Daily

WHOLEMEAL BREAD, WATER, SEASONAL FRESH FRUIT AND SALAD, FLAVOURED JELLY & FRUIT YOGHURT