



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, shellfish and peanut free



Autumn to Winter 2018
Menu

the Tasties

Putting the fun into food



Week One Menu



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

Key

V - VEGETARIAN
GF - GLUTEN FREE

Monday

MACARONI CHEESE (V)
CHEESE AND TOMATO PASTA BAKE (V)
SEASONAL VEGETABLES (V)
APPLE FLAPJACK (V)

Tuesday

PASTA BOLOGNAISE
VEGGIE MINCE PASTA BOLOGNAISE (V)
SEASONAL VEGETABLES (V)
JAM SPONGE (V)

Wednesday

ROAST CHICKEN WITH ROAST POTATOES AND GRAVY
CHEESE AND BAKED BEAN PUFF (V)
SEASONAL VEGETABLES (V)
OATY COOKIE (V)

Thursday

PIZZA WITH WEDGES
CHEESE AND TOMATO PIZZA WITH WEDGES (V)
SEASONAL VEGETABLES (V)
JELLY (V)

Friday

FISH FINGERS WITH CHIPS
VEGETABLE FINGERS WITH CHIPS (V)
BAKED BEANS AND PEAS (V)
ICE LOLLY (V)

Available Daily

COLD DELI BAR,
JACKET POTATOES,
WATER, SEASONAL FRESH FRUIT.

Week Two Menu



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

Key

V - VEGETARIAN
GF - GLUTEN FREE

Monday

SAUSAGE WITH POTATOES AND GRAVY
VEGETARIAN SAUSAGE WITH POTATOES
SEASONAL VEGETABLES
CHOCOLATE MUFFINS (V)

Tuesday

JACKET POTATO DAY WITH CHEESE TUNA
MAYONNAISE ND BAKED BEANS
SEASONAL VEGETABLES
FRUITY COOKIES (V)

Wednesday

ROAST GAMMON WITH ROAST POTATOES AND GRAVY
CHEESE AND BAKED BEAN PUFF (V)
SEASONAL VEGETABLES
RICE CRISPY CAKE (V)

Thursday

CHICKEN CURRY WITH RICE
VEGETABLE CURRY WITH RICE (V)
SEASONAL VEGETABLES
BANANA TRAYBAKE (V)

Friday

FISH FINGERS AND CHIPS
VEGETABLE FINGERS WITH CHIPS (V)
BAKED BEANS AND PEAS (V)
ICE LOLLIES (V)

Available Daily

COLD DELI BAR,
JACKET POTATOES,
WATER, SEASONAL FRESH FRUIT.

Week Three Menu



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

Key

V - VEGETARIAN
GF - GLUTEN FREE

Monday

CHEESE AND TOMATO PASTA BAKE
SEASONAL VEGETABLES (V)
CHOCOLATE SHORTBREAD (V)

Tuesday

BEEF BURGER AND CHIPS
VEGGIE BURGER AND CHIPS (V)
SEASONAL VEGETABLES
LEMON MUFFIN (V)

Wednesday

ROAST CHICKEN WITH ROAST POTATOES AND GRAVY
CAULIFLOWER AND BROCCOLI BAKE (V)
SEASONAL VEGETABLES
FRUIT FLAPJACK (V)

Thursday

JACKET POTATO DAY
WITH CHEESE BAKED BEANS AND TUNA
MAYONNAISE
SEASONAL VEGETABLES
JELLY (V)

Friday

FISH FINGERS/SALMON FINGER AND CHIPS
VEGETABLE FINGERS AND CHIPS (V)
BAKED BEANS AND PEAS (V)
ICE LOLLY (V)

Available Daily

COLD DELI BAR,
JACKET POTATOES,
WATER, SEASONAL FRESH FRUIT.