



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, peanuts and shellfish



the Tasties

Putting the fun into food



Week One Menu

4th June, 25th June, 16th July, 17th Sept, 8th Oct 2018

Key

V - VEGETARIAN
GF - GLUTEN FREE

Monday

SPAGHETTI BOLOGNAISE
MACARONI CHEESE (V)
SEASONAL VEGETABLES (V)
APPLE FLAPJACK WITH CUSTARD

Tuesday

CHICKEN AND VEGETABLE PIE
MIXED BEAN AND VEGETABLE TORTILLA (V)
SEASONAL VEGETABLES (V)
CINNAMON AND OATY COOKIE

Wednesday

ROAST TURKEY ROAST POTATOES AND GRAVY
SWEET POTATO AND CHEESE WHIRL (V)
SEASON VEGETABLES (V)
JELLY AND FRESH FRUIT

Thursday

PIZZA WITH WEDGES
VEGETARIAN PIZZA WITH WEDGES (V)
SEASONAL VEGETABLES (V)
CHOCOLATE MOUSSE (V)

Friday

FISH FINGERS AND CHIPS
VEGETABLE FINGERS AND CHIPS (V)
BAKED BEANS (V)
FRUITY FRIDAY (V)

Available Daily

WHOLEMEAL BREAD, COLD DELI BAR, A SELECTION OF JACKET POTATOES, WATER, SEASONAL FRESH FRUIT.

Week Two Menu

11th June, 2nd July, 3rd Sept, 24th Sept, 15th Oct 2018

Key

V - VEGETARIAN
GF - GLUTEN FREE

Monday

SAUSAGE AND MASH WITH GRAVY
VEGETARIAN SAUSAGE WITH MASH AND GRAVY (V)
SEASONAL VEGETABLES (V)
CHOC ICE

Tuesday

CHICKEN ENCHILADAS
VEGETABLE CHILLI (MILD) WITH NACHOS (V)
SEASONAL VEGETABLES (V)
FRUIT CRUMBLE AND CUSTARD

Wednesday

ROAST GAMMON WITH MASHED POTATOES AND GRAVY
CHEESE AND BAKED BEAN PUFF WITH POTATO WEDGES (V)
SEASONAL VEGETABLES (V)
CARROT CAKE

Thursday

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

Friday

FISH FINGERS AND CHIPS
VEGETARIAN FINGERS AND CHIPS (V)
SEASONAL VEGETABLES (V)
CHOCOLATE MUFFIN

Available Daily

WHOLEMEAL BREAD, COLD DELI BAR, A SELECTION OF JACKET POTATOES, WATER, SEASONAL FRESH FRUIT.

Week Three Menu

18th June, 9th July, 10th Sept, 1st Oct 2018

Key

V - VEGETARIAN
GF - GLUTEN FREE

Monday

MEATBALLS IN TOMATO SAUCE WITH PASTA
TOMATO AND CHEESE PASTA (V)
SEASON VEGETABLES (V)
ICED LEMON SPONGE

Tuesday

BEEF BURGER AND WEDGES
BEAN BURGER AND WEDGES (V)
SEASONAL VEGETABLES (V)
ICE CREAM

Wednesday

ROAST CHICKEN WITH MASHED POTATOES AND GRAVY
CHEESE AND BAKED BEAN PUFF WITH MASH POTATO (V)
SEASON VEGETABLES (V)
JELLY WITH FRESH FRUIT SALAD

Thursday

CHICKEN BEAN AND SWEETCORN PASTA
MIXED BEAN WRAP (V)
SEASONAL VEGETABLES (V)
CHOCOLATE RICE CRISP CAKE

Friday

FISHCAKE AND CHIPS
VEGETABLE FINGERS AND CHIPS (V)
SEASONAL VEGETABLES (V)
FRUITY FRIDAY

Available Daily

WHOLEMEAL BREAD, COLD DELI BAR, A SELECTION OF JACKET POTATOES, WATER, SEASONAL FRESH FRUIT.