



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 Menu

- 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



SUMMER 2019

Menu

the Tasties

Putting the fun into food



Week One Menu

W/C 29TH Apr, 20TH May, 17TH June, 8TH July, 2ND Sept, 23RD Sept, 14TH Oct
NOTE: Please check with school for inset days, holidays and half term dates

Key

V - VEGETARIAN
GF - GLUTEN FREE

Monday

TUNA PASTA BAKE
SWEET POTATO AND LENTIL CURRY, RICE
SEASONAL VEGETABLES (V) (GF)
ICE CREAM TUBS

Tuesday

MINCED BEEF PIE WITH MASH
JACKET POTATO WITH CHEESE OR BEANS
SEASONAL VEGETABLES (V) (GF)
RHUBARB CRUMBLE WITH CUSTARD

Wednesday

ROAST PORK, ROAST POTATOES & GRAVY (GF)
CHEESY PINWHEEL
SEASONAL VEGETABLES
ICED BUNS

Thursday

HAM AND CHEESE PIZZA WITH PASTA SALAD
JACKET POTATO WITH CHEESE OR BEANS
SEASONAL VEGETABLES (V) (GF)
SHORTBREAD BISCUIT

Friday

FISH FINGERS WITH CHIPS
PAELLA (V)
BAKED BEANS AND PEAS (V) (GF)
JELLY WITH FRUIT

Available Daily

WHOLEMEAL BREAD, COLD DELI BAR, WATER, SEASONAL FRESH FRUIT & YOGHURT

Week Two Menu

W/C 6TH May, 3RD June, 24TH Jun, 15TH July, 9TH Sept, 30TH Sept, 21ST Oct
NOTE: Please check with school for inset days, holidays and half term

Key

V - VEGETARIAN
GF - GLUTEN FREE

Monday

SAUSAGE IN A BUN AND WEDGES
CHEESE AND TOMATO PIZZA (V)
SEASONAL VEGETABLES (V) (GF)
FLAPJACK

Tuesday

MINCE, YORKSHIRE PUDDING AND MASHED POTATO
JACKET POTATO WITH CHEESE OR BEANS
SEASONAL VEGETABLES (V)
WARM CHOCOLATE BROWNIE AND ICE CREAM

Wednesday

ROAST TURKEY ROAST POTATOES & GRAVY (GF)
CHEESE AND BAKED BEAN PUFF
SEASONAL VEGETABLES (V) (GF)
CARROT CAKE

Thursday

CHICKEN KORMA WITH RICE
JACKET POTATO WITH CHEESE OR BEANS
SEASONAL VEGETABLES (V) (GF)
ICED MARBBLE CAKE (V)

Friday

FISH CAKE WITH CHIPS
CHEESE AND TOMATO PASTA BAKE (V)
BAKED BEANS AND PEAS (V) (GF)
JELLY WITH FRUIT

Available Daily

WHOLEMEAL BREAD, COLD DELI BAR, WATER, SEASONAL FRESH FRUIT & YOGHURT

Week Three Menu

W/C 13TH May, 10TH Jun, 1ST Jul, 16TH Sept, 7TH Oct
NOTE: Please check with school for inset days, holidays and half term

Key

V - VEGETARIAN
GF - GLUTEN FREE

Monday

MACARONI CHEESE
VEGGIE CHILLI WITH RICE AND NACHOS
SEASONAL VEGETABLES (V) (GF)
ICED LEMON SPONGE (V)

Tuesday

CHICKEN CASSEROLE
JACKET POTATO WITH CHEESE OR BEANS
SEASONAL VEGETABLES (V) (GF)
SPONGE AND CUSTARD

Wednesday

ROAST CHICKEN, ROAST POTATOES & GRAVY (GF)
CHEESE AND TOMATO PUFF (V)
SEASONAL VEGETABLES (V) (GF)
RASPBERRY BUNS

Thursday

BOLOGNESE WITH PASTA
JACKET POTATO WITH CHEESE OR BEANS
SEASONAL VEGETABLES (V) (GF)
ICE CREAM ROLL

Friday

FISH WITH CHIPS
CHEESY POTATO BOATS (V)
BAKED BEANS AND PEAS (V) (GF)
JELLY WITH FRUIT

Available Daily

WHOLEMEAL BREAD, COLD DELI BAR, WATER, SEASONAL FRESH FRUIT & YOGHURT