



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

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

Key

V - VEGETARIAN
H - HALAL

Monday

BEEF KEEMA WITH BASMATI RICE (H)
MACARONI CHEESE (V)
SEASONAL VEGETABLES (V)
APPLE FLAPJACK (V)

Tuesday

PIZZA WITH WEDGES (H)
SWEET POTATO TAGINE (V)
SEASONAL VEGETABLES (V)
CINNAMON OATY COOKIE (V)

Wednesday

ROAST TURKEY, MASH POTATOES & GRAVY (H)
MIXED VEGETABLE, BEAN & RICE WRAP (V)
SEASONAL VEGETABLES (V)
JELLY & FRUIT (V)

Thursday

SPAGHETTI BOLOGNESE
VEGETARIAN BOLOGNESE (V)
SEASONAL VEGETABLES (V)
JAM SPONGE (V)

Friday

FISH FINGERS WITH CHIPS
TOMATO AND CHEESE PUFF (V)
BAKED BEANS (V)
SEASONAL VEGETABLES (V)
FRUITY FRIDAY (V)

Available Daily

WHOLEMEAL BREAD,
JACKET POTATOES
FRESH SALAD, WATER,
MILK, FRESH FRUIT &
FRUIT YOGHURT.

Week Two Menu

23rd Apr, 14th May, 11th Jun, 2nd Jul, 3rd Sep, 24th Sep, 15th Oct

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

Key

V - VEGETARIAN
H - HALAL

Monday

LAMB KEBABS WITH PITTA & RAITA (H)
CHEESE OMELETTE (V)
SEASONAL VEGETABLES (V)
CHOCOLATE SPONGE (V)

Tuesday

TRADITIONAL LASAGNE WITH GARLIC BREAD (H)
VEGETABLE BIRYANI (V)
SEASONAL VEGETABLES (V)
APPLE CRUMBLE & CUSTARD (V)

Wednesday

ROAST TURKEY, ROAST POTATOES & GRAVY (H)
ROASTED VEGETABLE & POTATO CAKE (V)
SEASONAL VEGETABLES (V)
JAM TART & CUSTARD (V)

Thursday

CHICKEN FAJITA (H)
VEGETARIAN PIZZA (V)
SEASONAL VEGETABLES (V)
ICE CREAM WITH SHORTBREAD FINGER (V)

Friday

BATTERED FISH WITH CHIPS
STEAMED VEGETABLE BAO BUN (V)
BAKED BEANS (V)
SEASONAL VEGETABLES (V)
FRUITY FRIDAY (V)

Available Daily

WHOLEMEAL BREAD,
JACKET POTATOES
FRESH SALAD, WATER,
MILK, FRESH FRUIT &
FRUIT YOGHURT.

Week Three Menu

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

Key

V - VEGETARIAN
H - HALAL

Monday

JERK CHICKEN WITH SAVOURY RICE (H)
VEGETABLE STIR FRY WITH RICE (V)
SEASONAL VEGETABLES (V)
ICED LEMON SPONGE (V)

Tuesday

BEEF BURGER IN A BUN
CHEESE & TOMATO PASTA TWISTS (V)
SEASONAL VEGETABLES (V)
SULTANA COOKIE (V)

Wednesday

ROAST CHICKEN, ROAST POTATOES & GRAVY (H)
CHEESE & ONION PASTY (V)
SEASONAL VEGETABLES (V)
PINEAPPLE UPSIDE DOWN CAKE (V)

Thursday

THORNTON STYLE CHICKEN NUGGETS (H)
VEGETABLE COTTAGE PIE (V)
SEASONAL VEGETABLES (V)
CHOCOLATE RICE CRISP CAKE (V)

Friday

FISH FINGERS WITH CHIPS
VEGETABLE CHOW MEIN (V)
BAKED BEANS (V)
SEASONAL VEGETABLES (V)
FRUITY FRIDAY (V)

Available Daily

WHOLEMEAL BREAD,
JACKET POTATOES,
FRESH SALAD, WATER,
MILK, FRESH FRUIT &
FRUIT YOGHURT.