



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

Autumn 2018
Menu

the Tasties

Putting the fun into food



Week One Menu

3rd Sept, 24th Sept, 15th Oct, 5th Nov, 26th Nov, 17th Dec

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

Key

V - VEGETARIAN
GF - GLUTEN FREE

Monday

BEAN BURGER
MAC N CHEESE (V)
SEASON VEGETABLES (V) (GF)
ICE CREAM AND WAFFLE

Tuesday

LASAGNE AND GARLIC BREAD
VEGETARIAN LASAGNE AND GARLIC BREAD(V)
SEASON VEGETABLES (V) (GF)
JAM TART

Wednesday

ROAST TURKEY, ROAST POTATOES AND GRAVY
CHEESE AND VEGETABLE FLAN (V)
SEASON VEGETABLES (V) (GF)
PINEAPPLE UPSIDE DOWN CAKE

Thursday

CHICKEN CHOW MEIN
VEGETABLE CHOW MEIN(V)
SEASON VEGETABLES (V) (GF)
FRUIT SALAD AND SHORTBREAD FINGER

Friday

FISH FINGERS AND CHIPS
VEGGIE HOT DOG AND CHIPS (V)
SEASON VEGETABLES (V) (GF)
CHOCOLATE CRISPIE CAKE

Available Daily

WHOLEMEAL BREAD, FRESH SALAD, WATER, SEASONAL FRESH FRUIT, FRUIT YOGHURT, CHEESE AND CRACKERS.

Week Two Menu

10th Sept, 1st Oct, 22nd Oct, 12th Nov, 3rd Dec

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
MARGARITA PIZZA WITH HALF JACKET POTATO (V)
SEASON VEGETABLES (V) (GF)
CHOCOLATE MOUSSE

Tuesday

ALL DAY BREAKFAST
VEGETARIAN ALL DAY BREAKFAST (V)
SEASON VEGETABLES (V) (GF)
VICTORIA SPONGE

Wednesday

ROAST CHICKEN, ROAST POTATOES AND GRAVY
SWEET POTATO AND LENTIL WELLINGTON(V)
SEASON VEGETABLES (V) (GF)
RICE PUDDING AND JAM

Thursday

BEEF CHILLI AND NACHOS
VEGETABLE CHILLI AND NACHOS (V)
SEASON VEGETABLES (V) (GF)
APPLE CRUMBLE WITH CUSTARD

Friday

FISH CAKES WITH CHIPS
VEGETABLE NUGGETS WITH CHIPS
SEASON VEGETABLES (V) (GF)
BUTTERSCOTCH TART

Available Daily

WHOLEMEAL BREAD, FRESH SALAD, WATER, SEASONAL FRESH FRUIT, FRUIT YOGHURT, CHEESE AND CRACKERS.

Week Three Menu

17th Sept, 8th Oct, 29th Oct, 19th Nov, 10th Dec

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

Key

V - VEGETARIAN
GF - GLUTEN FREE

Monday

ROAST VEGETABLE PASTA BAKE
VEGETABLE PIZZA WITH HALF JKT POTATO (V)
SEASON VEGETABLES (V) (GF)
STRAWBERRY CHEESECAKE

Tuesday

TOAD IN THE HOLE WITH ROAST VEGETABLES
VEGETARIAN TOAD in the HOLE (V)
SEASON VEGETABLES (V) (GF)
FRUITY FLAPJACK

Wednesday

ROAST GAMMON, ROAST POTATOES AND GRAVY
CHEESE AND BEAN PUFF (V)
SEASON VEGETABLES (V) (GF)
STICKY TOFFEE PUDDING

Thursday

CHICKEN CURRY WITH RICE
VEGETABLE CURRY WITH RICE (V)
SEASON VEGETABLES (V) (GF)
JELLY

Friday

FISH/ SALMON FINGERS AND CHIPS
VEGETABLE FINGERS AND CHIPS (V)
SEASON VEGETABLES (V) (GF)
CHOCOLATE SPONGE AND CHOCOLATE SAUCE

Available Daily

WHOLEMEAL BREAD, FRESH SALAD, WATER, SEASONAL FRESH FRUIT, FRUIT YOGHURT, CHEESE AND CRACKERS